

## CUT OUT CIGARETTES



### Reasons to Quit Smoking:

- Smoking is linked to increasing risks of developing heart disease, cancer, and COPD.
- Smoking is considered the most preventable cause of disease or death in the United States.
- 50% of long term tobacco users have an increased chance of dying early.

### How to Quit:

1. Write down the reasons that you want to quit.
2. Set a quit date.
3. Make a list of your "triggers" (when do you want to have a cigarette) and what could you do instead of smoking).
4. Talk to your doctor or a counselor about a "Quit Smoking Class" and nicotine replacement therapy such as the gum or patch. Ask about other medications that might be helpful.
5. Ask your family and friends to help you.
6. Practice the Four D's
  - Do something else
  - Delay having each cigarette
  - Deep breathing
  - Drink water

### What can your community pharmacist do to help you quit?

- Assist you finding the appropriate choice in nicotine replacement therapy (patch, gum, lozenge, etc.)
- Educate you on proper usage of nicotine replacement therapy
- Address any concerns you have with quitting
- Help you to avoid triggers to smoking
- Be available to assist you in motivating you to quit smoking and staying tobacco free

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### Personalized For your Health

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# Medication Misuse & Smoking Cessation

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## AVOID FOOD-DRUG INTERACTIONS

**Did you know that a food-drug interaction can:**

- prevent a medicine from working properly
- cause a side effect from a medicine to get worse or better by lowering/increasing absorption
- cause a new side effect

A medicine can also change the way your body uses a food. For example, medications can decrease appetite or change the way a nutrient is absorbed and exits our body. Any of these changes can be harmful.

- Grapefruit juice
- Milk, yogurt and other dairy products
- Leafy greens and other foods high in vitamin K
- Sausage, cheese, red wine, and aged foods
- Bananas, Mrs. Dash (salt substitute), and other potassium-rich foods

**To cut your risk for interactions:**

- Make sure your doctor and pharmacist knows everything you are taking, including vitamins, herbals, and dietary supplements.
- Consult your pharmacist before starting or stopping any new medication and/or making changes to your diet.



## HELP STOP PRESCRIPTION DRUG ABUSE!



**Prescription drug abuse and misuse causes more than 12,000 deaths a year in the U.S.**

Many, but not all, of these deaths occur among teenagers.

Pain and anxiety medications are the most commonly abused drugs and can be very addicting.

**YOU CAN HELP:**

- Keep your prescription drugs to yourself.
- Lock up your medication when guests are around.
- Properly dispose of medications you are no longer using. Ask your pharmacist how.
- Talk to your children, grandchildren, friends, and neighbors if you are having problems with prescription drugs or suspect problems in those you know.

## HERBAL SUPPLEMENT INTERACTIONS

Many people take herbal medications to supplement their diets or treat other illnesses. What you may not realize is that they may cause potentially harmful interactions with prescription medication you are already taking.

**Popular herbal medications that may cause interactions are:**

- St. John's Wort
- Echinacea
- Ginkgo bilboa
- Saw palmetto
- Ginseng
- Ginger
- Garlic
- and many others!



**Talk to your pharmacist today before choosing an herbal product to decrease your risk of unwanted side effects!**