What's the most successful way to stop smoking?

**Support and medication**
Combined specialist support and prescription medication* including NRT or varenicline

**Medication on prescription**
Health professional advice and prescription medication including NRT

**E-cigarettes**
Using electronic cigarettes without professional support

**NRT over the counter**
Using Nicotine Replacement Therapy without a prescription or support

**Cold turkey**
Quitting with no support

*Visit nhs.uk/smokefree


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Together we will beat cancer