

Treatment, Support & Nicotine Replacement Therapy (NRT)

The Harford County Health Department strives to identify and develop Cessation Services that meet the evolving Nicotine market..

Monthly Classes: 3rd Tuesday at Havre De Grace Housing Authority -101 Stansbury Court Havre De Grace 21078 at 2:00pm

Virtual Classes Available upon Request

Tobacco use and dependence often requires repeated intervention and long-term support to help patients quit. The report outlines an array of effective treatments and resources, including:

- **Counseling and medication**—Each is effective when used alone, and using them together can more than double the chances of quitting.
- **Combining medications**—Compared to using a single form of nicotine replacement therapy (NRT), combining long-acting NRT (e.g., patch) with a short-acting NRT (e.g., lozenge) increases the chances of quitting.
- **Tobacco Quitlines**—Proactive counseling from quitlines increases the chances of quitting when used alone or together with cessation medication. Text messaging and web-based cessation interventions can also help people successfully quit smoking. CDC [Smoking and Tobacco Use](#).
- **Free NRT:** Through a collaboration with Shoprite Pharmacies the following [PHYSICIAN Referral Form](#) can be completed by your Primary Care Physician and taken to your nearest Shoprite Pharmacy in Harford County or call the MDQuitline at 1-800-QUIT-NOW

For More Information on NRT: [American Cancer Society Report on Nicotine Replacement Therapy to Help You Quit Tobacco](#)