



*“Quitting Tobacco
Cold Turkey is best.”*

MYTH or FACT

Myth.

While a lot of people think that quitting cold turkey is the best way to go, only 5% of people successfully quit cold turkey. Why? Nicotine is one of the hardest addictions to break, and the withdrawal symptoms are often very uncomfortable. Nicotine replacement therapy such as nicotine gum can help make the quitting process much easier. Talk with your doctor and discuss which cessation medications might work best for you.



**Call EAP Today and Get
3 Months of Free Nicotine Gum**
Through *The New York Smokers' Quitline*

