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SAFE Glen Cove Coalition- Truth Initiative Says, “Cold Turkey” Method of Quitting Smoking/Vaping is Ineffective

The National Center for Health Statistics maintains e-cigarette use is highest among adults 18 to 24 years old. Whether someone is quitting smoking, vaping, or any other tobacco product, quitting nicotine is difficult. It’s especially hard to quit “cold turkey” – meaning to stop abruptly without any support or nicotine replacement medications.

It is difficult and ineffective to simply refrain as a method of quitting nicotine. For the many young people resolving to quit nicotine in 2025, Truth Initiative is offering resources to help those resolutions stick. Outsmart Nicotine, a new campaign from Truth Initiative, is designed to introduce a new generation to EX[®] Program, a comprehensive quitting resource developed by Truth Initiative with Mayo Clinic in 2008. EX Program offers personalized quit plans, interactive text message support, and 24/7 access to the nation’s most established online quit community.

Here are some proven-effective tips backed by science.

Tap into a network of support

Support and encouragement from friends and loved ones can make a big difference. It can also be helpful to hear from others who are quitting or have successfully quit. People quitting any type of tobacco or nicotine product can sign up for EX Program and access the nation’s most established online quit community, browse blog posts from Mayo Clinic cessation specialists, and read tips and experiences from fellow quitters and former tobacco users.

Reduce withdrawal symptoms with nicotine replacement therapy

Nicotine replacement therapy – such as nicotine gum, lozenges, patches, or medications – can increase the odds of successfully quitting smoking and vaping by allowing people to taper their nicotine consumption over time, reducing the symptoms of nicotine withdrawal. Exercise and other distractions can also help reduce symptoms of nicotine withdrawal.

Daily reminders and encouragement can go a long way

Daily encouragement can play a role in raising confidence and fighting cravings. Whether someone is one day, one year, or 10 years free from smoking, vaping, or using any tobacco

product, it's important to celebrate every small victory that leads to a successful quit attempt. EX Program offers a free, interactive text message program that delivers support straight to a user's phone or email. A randomized clinical trial among young adults published in JAMA Internal Medicine found that EX Program text message support can increase the odds of quitting by up to 40%. A similar study also found that teens who received the program were 35% more likely to report not using nicotine 7 months later.

Most people who smoke or vape want to quit – in fact, new survey data from Truth Initiative show that nearly half (48%) of young people ages 18-24 who use nicotine products are resolving to quit in 2025. However, the quit journey can often feel overwhelming, especially for people attempting to quit without any sort of support. Quitting nicotine “cold turkey” like this is both more challenging and less effective.

For people who are trying to quit, access to a network of support – such as counseling, nicotine replacement therapy (NRT) such as nicotine gum or patches, digital tools, or encouragement from friends or family, can make all the difference. In fact, medications and counseling can more than triple a smoker's chances of quitting when used together.

The Truth Initiative is the nation's largest nonprofit public health organization dedicated to preventing youth and young adult nicotine addiction and empowering quitting for all. For more information please visit www.truthinitiative.org.

Keep aware, stay informed and avoid unhealthy behaviors. “Live SAFE “. The SAFE Glen Cove Coalition works diligently to protect youth and inform parents through prevention education to avoid the negative consequence of nicotine addiction.

SAFE, Inc. is the only alcohol and substance abuse prevention, intervention, and education agency in the City of Glen Cove. The Coalition is concerned about all combustible and electronic products with marijuana and tobacco and youth consumption. The Agency employs environmental strategies to educate and update the community regarding the negative consequences of smoking and vaping. To learn more about the SAFE Glen Cove Coalition please follow www.facebook.com/safeglencovecoalition or to learn more about electronic products visit the Vaping Facts and Myths Page of SAFE's website to learn more about how vaping is detrimental to your health at www.safeglencove.org.