

# Fort Sill Tobacco Cessation Program

## What you need to know:

- Research shows that people who use an FDA-approved tobacco cessation medication plus classes OR counseling are significantly more likely to be successful at quitting tobacco than if they try to quit without such aids.
- Medications available for tobacco cessation at RACH include: nicotine patches, nicotine gum, bupropion (Zyban), and varenicline (Chantix).
- Medications and classes/counseling are available to Service Members, Retirees, and Dependents. DA Civilians are eligible to attend tobacco cessation classes.

You can  
do it!



Call the Tobacco Cessation Program  
or talk to your healthcare provider  
about medication and counseling  
options that will help this time be  
successful!

(580) 442-0684