ᐊᑐᓐᓇᐅᓂᖓ ᖃᓄᖅ ᐃᑲᔪᕈᓐᓇᕐᓂᖓ ᐃᒃᐱᖕᓇᕈᑎᖏᑦ

ᓂᐅᕕᖅᑕᐅᔪᓐᓇᖅᑐᑦᓇᑭᑐᐃᓐᓇᖅ
ᐊᒻᒪᓗ ᓘᑦᑖᒧᑦ ᐱᖁᔭᐅᑎᑕᐅᓗᑎᒃ

• ᓂᐱᑦᑕᖅᑐᖅ ᐅᕕᓂᖕᒧᑦ ᐱᑕᖃᖅᖢᓂᓗ ᑎᐹᑦ ᐅᐃᕆᓴᐅᑎᖏᓐᓂᒃ
ᑕᐃᒪᓐᓇ ᐱᑕᖃᖅᑎᑎᖏᓐᓇᖅᖢᑎᒃ ᑎᒥᒧᑦ ᓱᒃᑲᓗᐊᖏᑦᑐᒃᑯᑦ.
• ᓴᓐᖏᓂᖃᖅᖢᑎᒃ 7 mg-21 mg.−ᒧᑦ
• ᕿᑎᕐᓂᑦ ᖁᓛᓂ ᐅᕕᓂᖕᒧᑦ ᓂᐱᑎᓪᓗᒍ
• ᐊᓯᔾᔨᖃᑦᑕᕐᓗᒍ ᐃᑲᕋᐃᑦ 24 ᐊᓂᒍᕌᖓᑕ.

• ᓯᓂᑦᓯᐊᕐᓇᖏᑦᑐᖅ

• ᐅᕕᓂᖕᒧᑦ ᐃᖢᐊᖅᓴᖏᑦᑐᖅ

ᓂᐅᕕᖅᑕᐅᔪᓐᓇᖅᑐᑦᓇᑭᑐᐃᓐᓇᖅ
ᐊᒻᒪᓗ ᓘᑦᑖᒧᑦ ᐱᖁᔭᐅᑎᑕᐅᓗᑎᒃ

• Nicotine −ᖃᖅᑐᑦ ᑯᑦᓱᒃ ᐃᓗᓕᖃᖅᐳᖅ ᐅᐃᕆᓴᐅᑎᖏᓐᓂᒃ ᑎᐹᑦ
ᑕᒧᐊᔭᐅᓗᓂ ᑕᐃᒪᓐᓇᐃᑦᑐᒥᒃ ᐱᕙᓪᓕᐊᕌᕐᔪᖕᓇᖅᐳᑦ ᑎᒥᒧᑦ
• ᑯᑦᓱᒃᑎᑐᑦ ᑕᒧᐊᖏᓪᓗᒍ. ᐅᖁᒥᒡᓗᒍ ᑕᒧᐊᓚᐅᐱᓪᓚᖃᑦᑕᕐᓗᒍ
ᓄᖅᑲᐅᑎᓚᐅᐱᓪᓚᖃᑦᑕᕐᓗᒍᓗ

• ᓴᓐᖏᓂᖃᖅᖢᑎᒃ 2 mg-4 mg.−ᓂᒃ

• ᐊᑐᒐᒃᓴᐅᑦᓯᐊᖏᑉᐳᖅ ᑭᒍᑎᖑᐊᖃᕐᓗᓂ
• ᓰᕐᓇᖅᑐᓃᖔᐃᒥᕆᐊᖃᖏᑉᐳᑦ ᓯᕗᓂᐊᓂ
ᐊᒻᒪᓗ ᐊᑐᕐᓗᑎᒃ ᑕᐃᒪᓐᓇᐃᑦᑐᓂᒃ
• ᖃᓂᕐᒧᑦ ᐋᓐᓂᕐᓇᖅᑐᑦ
• ᓂᕆᑐᕋᕐᓇᖅᑐᑦ

ᓂᐅᕕᖅᑕᐅᔪᓐᓇᖅᑐᑦᓇᑭᑐᐃᓐᓇᖅ
ᐊᒻᒪᓗ ᓘᑦᑖᒧᑦ ᐱᖁᔭᐅᑎᑕᐅᓗᑎᒃ

• Nicotine−ᖃᖅᑐᑦ ᖃᓂᕐᓂᑦ ᑐᖅᑯᔮᓂᓪᓗ ᐱᔭᐅᕙᓪᓕᐊᑉᓗᓂ
• ᐃᓗᐊᖅᑐᓂᑦ ᐴᖅᓯᒪᔪᓂᑦ 400-ᖏᖅᑕᕐᓗᑎᑦ
ᓂᐅᖅᑐᕋᕈᓐᓇᖅᐳᕈᑎᑦ ᑕᑯᒃᓴᐅᖏᑦᑐᒥᒃ ᐅᐃᕆᓴᐅᑎᒥᒃ. ᓂᐅᖅᑐᕋᕋᔭᖅᐳᑎᓪᓗ 80-ᖏᖅᑕᕐᓗᑎᑦ ᓯᒡᒐᓖᑎᑐᑦ ᓴᓐᖏᓂᖃᖅᑐᒥᒃ ᐃᓗᓄᐊᖅᑐᖃᕐᓂᐊᖅᐸᑦ ᐊᑕᐅᓯᕐᒥᒃ.
• ᐊᑕᐅᓯᖅ ᓂᐅᖅᑕᕈᑦ ᐊᑯᓂᐅᑎᒋᔪᓐᓇᖅᐳᑦ 20−ᒥᓂᑦᔅ
ᓴᓐᖏᓂᖃᖅᑎᒋᑉᓗᓂᓗ 4 mg nicotine−ᒥᒃ; ᓴᓐᖏᓂᖃᖅᑐᒥᒃ 2 mg−ᓂᒃ ᑎᒥᑦ ᐱᖃᖅᑕᖅᐳᖅ. ᓂᐅᖅᑐᕈᑎᒃᓴᓂᒃ 12−ᓂᒃ ᐅᓪᓗᒧᑦ
ᐱᔪᓐᓇᖅᐳᑎᑦ ᑭᓯᐊᓂ.

• -ᐃᒃᐱᖕᓂᐊᓇᖅᖢᓂ ᖃᓂᕐᒧᑦ ᑐᖅᑯᔮᒧᓪᓗ

• ᖁᐃᖅᑐᕐᓇᖅ
• ᓂᕆᑐᕋᕐᓇᖅ
• ᓂᐊᖁᖑᓇᖅ

ᓘᑦᑖᒥᑦ ᑭᓯᐊᓂ ᐱᔭᐅᔪᓐᓇᖅᑐᑦ • ᐄᔭᒐᒃ ᑕᐃᑉᓱᒪᓂ ᖁᕕᐊᓱᖏᔾᔪᑎᖃᖅᑐᓄᑦ ᐊᑐᖅᑕᐅᕙᓚᐅᖅᑐᖅ
ᖃᐅᔨᒪᔭᐅᖏᑉᐳᖅ ᖃᓄᖅ ᐃᑲᔪᕐᓂᖃᕈᓐᓇᕐᒪᖔᑦ ᓯᒡᒐᓖᕐᒧᑦ
ᓄᖅᑲᕋᓱᐊᕈᑕᐅᓂᕐᒧᑦ, ᑭᓯᐊᓂ ᐅᐃᕆᒍᑎᖃᕐᓂᖏᓐᓄᑦ ᓄᖅᑲᕋᓱᐊᕐᓂᖏᓐᓄᑦ ᐃᑲᔪᕈᑕᐅᕗᖅ.
• ᐊᑐᖅᑕᐅᒋᐊᖃᖅᐳᑦ ᓯᒡᒐᓖᖅᑐᖃᑦᑕᕐᓂᖓᓄᑦ ᓱᓕ.
ᐊᑐᖅᑕᐅᔪᓐᓇᖅᐳᖅ ᐱᓇᓱᐊᖁᓯᓄᑦ 7−ᓂᑦ 12−ᓄᑦ.

• ᓯᓂᖑᓐᓇᐃᓕᐅᖃᓇᖅᑐᒻ
• ᖃᓂᕐᒧᓪᓗ ᐸᓂᓐᓇᐅᓪᓗᓂ

• ᓱᓕᑦᓯᐊᖅᑰᔨᔪᓂᒃ ᓯᓐᓇᒃᑑᒪᓐᓇᖅᖢᓂᓗ
• ᖃᓂᖅ ᒪᒪᖏᑦᖢᓂ;

ᓘᑦᑖᒥᑦ ᑭᓯᐊᓂ ᐱᔭᐅᔪᓐᓇᖅᑐᑦ • ᐊᑐᕐᓂᖃᖅᐳᖅ ᒪᕐᕉᓕᖓᔪᒥᒃ; ᓯᒡᒐᓖᖅᑐᕐᓂᖅ
ᖁᕕᐊᓇᕈᓐᓃᖅᐸᓪᓕᐊᑉᓗᓂ ᐅᐃᕆᒍᑎᒥᓂᒃ ᑭᓇᑐᐃᓐᓇᖅ

ᐱᒍᒪᖏᓐᓂᖅᓴᐅᓕᖅᖢᓂ.
• ᐃᖢᐊᖅᓴᖅᑕᐅᒋᐊᖃᖅᐳᖅ ᓱᓕ ᓯᒡᒐᓖᖅᑐᖃᑦᑕᖅᑎᓪᓗᒍ.
ᑕᐃᒪᓐᓇᐃᑦᑐᕆᐊᖃᖅᐳᖅ 7−ᓂᑦ 12−ᓄᑦ ᐱᓇᓱᐊᕈᓯᓄᑦ.

• ᒥᕆᐊᖑᓂᖅ
• ᐱᓪᓚᕆᐅᔮᖅᑐᓂᒃ ᑲᒪᓇᖅᑐᓂᒡᓗ
ᓯᓐᓇᒃᑑᒪᖃᑦᑕᕐᓂᖅ

• ᓂᑲᓪᓗᖓᓇᖅᑐᑦ,
ᖁᕕᐊᓱᖏᓕᖃᑦᑕᖅᖢᑎᒡᓗ,
ᖃᓄᐃᓕᐅᕈᑎᖏᓪᓗ ᐊᓯᔾᔨᖅᐸᓪᓕᐊᑉᓗᑎᒃ,
ᐃᖕᒥᓃᕈᒪᓂᕐᒧᑦ ᐃᓱᒪᓐᓇᖅᖢᓂᓗ

ᑎᐹᒃᑐᖅᑕᐃᓕᒪᓇᓱᐊᕐᓂᕐᒧᑦ ᐃᖢᐊᖅᓴᐅᑦ (NRT)
ᑎᐹᒃᑐᖅᑕᐃᓕᒪᓂᕐᒧᑦ ᐃᖢᐊᖅᓴᐅᑦ (NRT) “ᓴᓗᒪᔪᒥᒃ” ᑎᐹᒃᑐᕈᑕᐅᕗᖅ ᓱᖏᐅᑎᓯᒪᔭᖏᓐᓂᒃ ᑎᒥᖓᑕ ᓄᖅᑲᖅᐸᓪᓕᐊᖁᑉᓗᒋᑦ ᓄᖅᑲᕋᓱᐊᕐᓂᖏᓐᓂ ᑎᐹᖕᓂᒃ ᐅᐃᕆᒍᑕᐅᔪᓂᒃ. ᐋᓐᓂᐊᖅᑐᓕᕆᔨᒧᑦ ᐅᖃᓪᓚᖃᑎᖃᕐᓂᐊᖅᐳᑎᑦ ᐊᑐᕐᓂᐊᓕᕐᓗᑎᒃ ᑎᐹᒃᑐᖅᑕᐃᓕᒪᓂᕐᒧᑦ ᐃᖢᐊᖅᓴᐅᑎᓂᒃ NRT−ᓂᒃ.

ᖃᓄᖅ ᐃᑲᔪᕐᓂᖃᖅᐸ?
ᓯᒡᒐᓖᖅᑐᖅᐸᒃᑐᑦ ᑎᐹᖕᓄᑦ ᐅᐃᕆᓴᐅᑎᖃᖅᐳᖅ ᐳᕙᖕᒧᐊᖃᑦᑕᖅᖢᑎᒃ ᐊᐅᖕᓄᓪᓗ ᐊᖅᑯᑎᖏᓐᓄᐊᑲᐅᑎᒋᕙᒃᖢᓂ. ᑕᒪᓐᓇ ᑎᐹᖕᓄᑦ ᐅᐃᕆᓴᐅᑦ ᑎᑭᖃᑦᑕᖅᐳᑦ ᖃᕆᑕᕐᓄᑦ ᐊᑯᓂᐅᑎᒋᔪᖅ 7-10 ᓴᑲᓐᔅᓘᓐᓃᑦ ᐃᒃᐱᖕᓇᕐᓂᖃᖅᖢᓂ ᑎᒥᑦ ᖁᕕᐊᓱᖕᓂᖓᓄᑦ ᐅᐃᕆᔭᒥᓂᒃ ᐱᓂᕐᒥᓂᒃ. ᑕᒪᒃᑯᐊ ᓄᖅᑲᕋᓱᐊᕈᑎᑦ ᐊᑐᕐᓗᒋᑦ
NRT, ᓴᓗᒪᔪᒥᒃ ᑎᒥᒧᐊᕆᕙᓪᓕᐊᕗᑦ ᐱᓗᐊᖏᓐᓂᖅᓴᒃᑯᑦ ᓯᒡᒐᓖᖅᑐᕐᓂᐅᑉ ᑕᐃᒪᓐᓇ ᐃᒃᐱᒍᓱᒃᑎᑕᐅᑉᓗᓂᓗ ᖃᕆᑕᖅ ᐃᖢᕐᕆᔮᕐᓂᖅᓴᐅᖁᑉᓗᑎᑦ ᐊᐅᓚᑦᓯᐊᕈᓐᓇᖁᑉᓗᑎᓪᓗ; ᓄᖅᑲᕋᓱᐊᕐᓗᑎᑦ ᑎᐹᒃᑐᖃᑦᑕᕐᓂᕐᒥᒃ.

ᓱᓇᐅᕙ ᐅᐃᕆᔭᐅᔪᒥᒃ ᓄᖅᑲᖅᑎᑎᓇᓱᐊᕐᓂᕐᒧᑦ ᖁᕕᐊᓱᖏᔾᔪᑕᐅᕙᒃᑐᖅ?
ᑕᐃᒪᓐᓇ ᐅᐃᕆᔭᐅᔪᑐᖃᒥᒃ ᖁᕕᐊᓱᖏᔾᔪᑎᖃᕐᓂᖅ ᑎᒥᕕᑦ ᐱᔾᔪᑎᒋᕙᖓ ᑎᐹᒃᑐᖃᑦᑕᕈᓐᓃᕋᓱᐊᕐᓂᕐᓂ. ᑕᐃᒪᓐᓇ ᖁᕕᐊᓱᖏᔾᔪᑎᖏᑦ ᑎᒥᕕᑦ ᕿᓚᒥᑯᓗᒃ ᐃᒃᐱᖕᓇᖅᐳᑦ 1 ᐅᕙᓘᓐᓃᑦ 2 ᒥᓂᔅᑦ ᐊᑯᓂᐅᑎᒋᔪᖅ ᐃᒃᐱᖕᓇᖃᑦᑕᖅᖢᑎᒃ ᐅᔾᔨᕐᓇᖅᓯᕙᓪᓕᐊᑉᓗᓂᓗ ᐃᒃᐱᖕᓇᖃᑦᑕᓕᖅᖢᑎᒃ ᐅᑉᓗᓂ ᓯᑕᒪᒥ ᑕᓪᓕᒪᓂᓘᓐᓃᑦ ᐃᒃᐱᖕᓇᕈᓐᓃᖅᐸᓪᓕᐊᓐᓇᖅᖢᓂ ᓯᒡᒐᓖᖅᑐᖃᑦᑕᖏᓕᖅᖢᓂ. ᑕᐃᒪᓐᓇ ᐃᒃᐱᒋᑐᐊᕌᖓᕕᑦ, ᐃᖕᒥᓄᑦ ᐅᖃᖃᑦᑕᕐᓂᐊᖅᐳᓯ ᑎᐹᒃ ᐅᐃᕆᒍᑎᖏᑦ ᓄᖑᑉᐸᓪᓕᐊᖕᒪᑕ ᑎᒥᖕᓂᑦ, ᐃᖢᐊᖅᓴᖅᐸᓪᓕᐊᕗᑎᑦ.
ᑕᒪᒃᑯᐊ ᐃᖢᐊᖅᓯᕙᓪᓕᐊᓂᕐᓂ ᐃᒪᓐᓇ ᐃᒃᐱᖕᓇᖃᑦᑕᕐᓂᐊᖅᐳᖅ:
• ᓄᒫᓱᖕᓂᖅ
• ᐊᓇᕈᓐᓇᐃᓪᓕᐅᖃᖃᑦᑕᕐᓂᖅ ᓯᑎᓗᐊᕐᓂᖏᓐᓄᑦ
• ᐱᒍᒪᓂᖅ ᓱᓇᑐᐃᓐᓇᕐᓂᒃ
• ᐅᐃᒪᔮᕐᓂᖅ ᐃᓱᒪᑦᓯᐊᖏᓪᓗᓂ
• ᓯᓂᒍᓐᓇᐃᓕᖃᑦᑕᕐᓂᖅ

ᑎᐹᒃᑐᖅᑕᐃᓕᒪᓇᓱᐊᕐᓂᕐᒧᑦ ᐃᖢᐊᖅᓴᐅᑦ (NRT) ᐊᑐᖅᑕᐅᔪᓐᓇᕐᓂᖏᑦ

Nicotine

ᒪᑦᑐᑎᐅᔮᖅᑐᑦ
ᐅᕕᓂᖕᒧᑦ ᓂᐱᒃᑐᒃᓴᖅ

Nicotine-ᖃᖅᑐᑦ

ᑯᑦᓱᐃᑦ (ᑕᒧᐊᑦᑐᐊᑦ)

Nicotine ᓂᐅᕆᐊᕈᑦ

Bupropion (Zyban®)

Varenicline (Champix®)

If you would like information in other NWT official languages, please contact the Department’s Communications Unit at 867-920-3367.

WJmAF5 gryQxDt4ni4 xyqt|AzJi4 kN5yx3u scsy6tg5 wonE/symJtg5, x|t sc3FQlQ5 +x8ixN8q5goEp4f5 gnstoEpq5 sKi 867-920-3367.

Inuktitut