



## How to use nicotine replacement therapy (NRT)

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**Abstract:** Nova Scotia Health promotes a smoke-free, tobacco-free, and vape-free environment for patients, visitors, and staff. Nova Scotia Health is committed to helping people smoke less, stop smoking, and stay smoke-free. This pamphlet provides information about nicotine replacement therapy options such as the nicotine patch, nicotine gum, nicotine lozenges, and nicotine inhaler.

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