



Chinook Winds' sixth anniversary weekend brought a crowd of people to the casino for concerts, drawings, commemorative coins, and fireworks. Clockwise from bottom left: Debbie Miller, Holly John, and Julie Murdock hand out coins at the reception; Vern and Donna Kessinger; Jessie Davis addresses the crowd; Shirley Walker; Clinton Crafton, grand prize winner (\$15,000); and Dolores and Ed Ben.

### Treatment Options at a Glance

Product	Patches	Gum	Spray	Inhaler	Bupropion
<b>Period</b>	Preferably 8-10 weeks.	Up to 12 weeks.	Up to 8 weeks, then reduce dose by 50% for 2 weeks.	As for spray.	7-12 weeks. Start taking 8-14 days before quitting.
<b>Dosage</b>	Various strengths for heavy and light smokers, depending on brand. Choose between 24- and 16-hr patches.	4mg for heavy smokers, 2mg for lighter smokers. 10-15 pieces a day.	Dose once or twice an hour as required (don't use more than 64 sprays in 24 hrs.). (Day 1-3) 1 x 150mg tablet each morning.	6 to 12 cartridges per day.	(Day 1-3) 1 x 150mg tablet each morning. (Day 4 onward) 1x150 mg tablet a.m. and p.m.
<b>Pros</b>	Very easy to use. Automatically gives the right dose. 24-hr patches can help with early morning cravings. Not addictive in the long term.	Easy to regulate dose. Can help prevent overeating. Gives extra help at difficult moments.	Gives fast relief to heavy smokers. Easy to adjust dose.	Helps keep hands and mouth busy. Easy to regulate dose. Could help prevent overeating.	Good short-term research results. Easy to use. Noticeable reduction in urges to smoke.
<b>Cons</b>	24-hr patches may disturb your sleep. Not orally gratifying. Small possibility of skin reaction.	Tricky with dentures. Need to use correctly.	May cause nasal irritation at first. Dependence more likely. Requires doctor's prescription.	May not suffice for heavy smokers if used alone. May attract attention when used in public. Requires doctor's prescription.	Possible sleep disruption. Seizure risk. May cause headaches and dry mouth. Requires doctor's prescription.