

From Nicotine to NRT: Investigating the Success of Innovative Smoking Cessation Technologies

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Abstract

The global challenge of smoking addiction has led to significant advancements in smoking cessation therapies, notably in the form of Nicotine Replacement Therapies (NRTs). This paper explores the evolution of smoking cessation technologies, from the traditional use of nicotine in cigarettes to modern, innovative NRT methods, including transdermal patches, gum, lozenges, and inhalers. By analyzing their success, this research investigates factors that contribute to the effectiveness of these therapies, such as user adherence, convenience, and reduction of harmful side effects. Furthermore, the paper examines the impact of these technologies on smoking rates, the role of digital interventions in supporting cessation, and the potential future directions for innovation in the field. The findings provide a comprehensive overview of how innovative smoking cessation technologies have transformed efforts to reduce tobacco dependence, offering new hope for individuals struggling to quit smoking.

Keywords: Smoking cessation, Nicotine Replacement Therapies (NRTs), innovative technologies, user adherence, digital interventions, tobacco dependence.

Introduction

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