Nicotine Addiction

What is it?

• <u>Nicotine Addiction</u>— when smoking is taken away then physical withdrawal symptoms are experienced, one of the hardest addictions to break



- <u>Nicotine</u>- is an addictive drug, causes changes in the brain that makes people want to use it more and more, causes unpleasant withdrawal symptoms, causes a short-term increase in blood pressure, heart rate and the flow of blood from the heart; is a stimulant and depressant
- <u>Nicotine in Cigarettes</u>- may increase the risk of developing hardening of the arteries and heart attacks

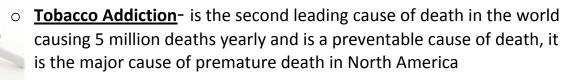
Symptoms:

<u>Symptoms of Nicotine Withdrawal</u> - depressed, insomnia, urge to smoke, irritability, impatience, hostility, anger, frustration, difficulty concentrating, decreased heart rate, anxiety, poor performance, increased hungry and weight gain

Facts:

- <u>Nicotine</u>- reaches the brain in 10 to 20 seconds causing dopamine to be released in the brain
 - <u>Dopamine</u>- is a chemical that provides a feeling of pleasure
 - 85 to 90% of Nicotine

 is metabolized by the liver and excreted from the kidneys rapidly, the half-life of nicotine in the blood is 2 hours, due to the accumulation of blood nicotine would persist at significant levels for to 6 to 8 hours after one stops smoking





- <u>See your Health Care Provider</u>- for more information about nicotine addiction and your options
- <u>See a Registered Dietitian</u>- for help as needed for weight management, healthier food choices