

Nicotine Addiction

What is it?

- **Nicotine Addiction**– when smoking is taken away then physical withdrawal symptoms are experienced, one of the hardest addictions to break
 - **Nicotine**- 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
 - **Nicotine in Cigarettes**- may increase the risk of developing hardening of the arteries and heart attacks



Symptoms:

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



Facts:

- **Nicotine**- reaches the brain in 10 to 20 seconds causing dopamine to be released in the brain
 - **Dopamine**- 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
 - **Tobacco Addiction**- is the second leading cause of death in the world causing 5 million deaths yearly and is a preventable cause of death, it is the major cause of premature death in North America



What can I do?

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