

Let's Talk Nicotine



Why is nicotine so addictive?

Once nicotine is absorbed into the bloodstream and gets to the brain, the nicotine causes the release of dopamine in the brain, which gives people a good feeling, which over time, causes the brain to crave that feeling from nicotine, resulting in a nicotine addiction.



What happens if you become addicted to nicotine?

If you get addicted to nicotine, you might experience...

Cravings/strong desire or urge to use tobacco products

Increased irritability

Changes in appetite

Anxiety

Difficulty concentrating

Difficulty quitting nicotine products

Financial issues sustaining expensive habit



Need support?

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