



Nicotine

Nicotine is an addictive drug most commonly found in cigarettes. Nicotine addiction affects the brain, causing users to continue with the harmful habit even though it can cause unhealthy consequences.

Harmful Side Effects of Smoking

- Heart Attacks
- Bronchitis
- Premature Aging
- Cancer
- Stroke
- Diabetes
- Sudden Infant Death Syndrome
- Birth Defects
- Emphysema
- Leukemia
- Asthma
- COPD

Here are some Suggestions for Quitting

- Change your daily routine to break up times when you would normally smoke
- Find others that are trying to quit. Gain the support of others who understand what you are going through
- Substitute smoking breaks with exercise, or another hobby
- Use the money you save from buying cigarettes to do something for yourself
- Select one specific day to choose as a day you will quit
- Avoid going to areas where you know people may be smoking, also try to avoid situations where you may be tempted to smoke
- Avoid alcohol, as that can be a trigger for someone to pick up cigarettes again
- Chew gum, or hard candy to substitute for the sensation of a cigarette in your mouth.

Rewards to quitting are almost immediate. Heart rate will improve, and so will your sense of smell and taste. So QUIT today!!

Revised 9/6/2011