



# ***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!!

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