



NICOTINE

tobacco, smokes, cigs, hookah, chew, dip, vape

What is Nicotine?

- Nicotine is a naturally occurring stimulant found in tobacco and other solanaceous plants.
- As a constituent of tobacco, it has been used for many centuries in the Americas and Australia, and is now sold in a variety of common products worldwide.

How is Nicotine used?

- Nicotine, (tobacco leaf) is usually smoked in cigarettes, cigars, and pipes.
- Nicotine is also found in a powdered form called snuff (to be insufflated/snorted) and as dip and chewing tobacco.
- Tobacco leaves are mixed with molasses (shisha) and smoked in water pipes known as hookahs.
- Nicotine vapor is consumed using vaping devices

What are the effects of Nicotine?

- Nicotine increases pulse rate and blood pressure.
- Effects can usually be felt immediately, and can last up to 30 minutes
- Some smoker say nicotine reduces their appetite and anxiety.
- First time users often feel dizzy and nauseous, often after just a few puffs from a cigarette.
- Coughing, as well as other chest and breathing problems afflict some smokers.
- Bad breath and discolored teeth are common among people who smoke regularly.
- Regular smokers have a much greater risk of developing lung cancer and other forms of cancer, as well as heart disease, circulatory problems and bronchitis.
- Using "snuff" and "chew" can also result in cancers of the mouth, nose and throat.

Is Nicotine addictive?

- Nicotine is one of the most addictive substances known and is highly toxic. Regular use can result in physical dependency with long-lasting withdrawal symptoms.
- Depression, irritability, restlessness and anxiety are some of the symptoms experienced by smokers who have not had a cigarette in a while.
- These symptoms produce a strong craving for another cigarette. Cravings usually begin four hours after their last cigarette.

What is the dosage of Nicotine?

Every individual reacts differently to every chemical, This information is intended to describe the range of dosages others report using and it should not be construed as a recommendation of any sort. Individuals can respond very differently to the same dosage. What is safe for one can be deadly for another.

- Dosage can vary significantly depending on method of ingestion and tolerance.
- The average nicotine dose in a single cigarette varies from .13mg to 2.0mg.*

Harm Reduction Tips for Nicotine

- Smoking during pregnancy can harm an unborn child, resulting in low birth weight and other complications.
- Second-hand smoke can also be hazardous to one's health, especially to children and people with asthma or other chest problems.
- Although the available evidence does indicate that vaporizing nicotine is far less risky than other methods of ingesting of nicotine, it does still introduce carcinogenic chemicals to your body.

If you use Nicotine and want to quit

- Stay away from places where lots of people smoke.
- Tell all your friends and family that you are trying to quit, and get their support.
- Try acupuncture, nicotine chewing gum, patches, or other popular remedies.