TOBACCO DETAILS

Tobacco is a plant grown for its leaves. It contains nicotine, an ingredient that can lead to addiction. There are many other potentially harmful chemicals found in tobacco which are created when burning it. People can smoke, chew, or sniff tobacco. Smoked tobacco products include cigarettes, and cigars.

ADDICTION 101

For many who use tobacco, long-term changes brought on by continued nicotine exposure result in addiction. When a person tries to quit, they will likely have withdrawal symptoms of irritability, difficulty focusing and paying attention, trouble sleeping and increased appetite.

WHY IS IT HARMFUL?

During inhalation nicotine is quickly absorbed into the bloodstream and stimulates the release of the adrenaline. Nicotine can be addictive and is often associated with severe health effects. Chronic tobacco use is associated with lung cancer, pancreatic cancer, chronic bronchitis, emphysema, heart disease, leukemia, cataracts, and pneumonia.

HOW IS SMOKING ADDICTION TREATED?

Behavioral treatments and medications can help people stop smoking, but the combination of medication with psychological counseling is far more effective. Behavioral treatments ranging from self-help materials to counseling help people quit smoking.

NICOTINE REPLACEMENT THERAPIES

Nicotine replacement therapies (NRTs) were the first medications approved by the U.S. Food and Drug Administration (FDA). FDA approved NRT include chewing gum, transdermal patch, nasal spray, inhalers, and lozenges. NRT deliver a controlled dose of nicotine to relieve withdrawal symptoms while trying to quit.

ORAL MEDICATIONS

Bupropion (Zyban®) and varenicline (Chantix®) are two FDA-approved non-nicotine medications that have also shown to be beneficial. They target nicotine receptors in the brain, easing withdrawal symptoms and blocking the effects of nicotine if people start smoking.