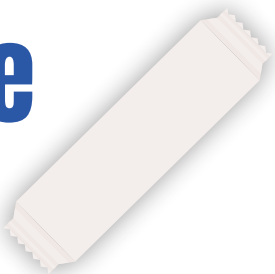


What Are They?



Oral nicotine pouches are smoke-free, tobacco-free products that contain nicotine, flavorings, and other ingredients, like plant-based fibers. Users place these small, white pouches between their upper lip and gum. They come in various nicotine strengths and flavors and are marketed as a modern alternative to tobacco products. The pouches typically last 20–60 minutes before being discarded.



Nicotine Pouches and Quitting Smoking

The Food and Drug Administration has not approved any nicotine pouches to help people quit smoking. Researchers need more information to understand the potential effects that nicotine pouches may have on quitting smoking. Nicotine is highly addictive, which can make it hard to quit using tobacco.

The FDA has approved seven medications to help people quit smoking. These medications are safe to use and can increase the chance that someone will quit smoking for good. Combining medication with behavioral counseling can more than double a person's chances of successfully quitting.

RESOURCES

Become an Ex

www.becomeanex.org

Centers for Disease Control and Prevention

www.cdc.gov/tobacco/nicotine-pouches/

in the know

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NICOTINE POUCHES:

Addiction Starts with Just One



Risks and Side Effects

While nicotine pouches eliminate many risks associated with smoking, they carry their own health concerns:

- **Nicotine Addiction:** These products can be highly addictive due to their nicotine content
- **Heart Risks:** Nicotine raises blood pressure and heart rate, potentially increasing risk of heart problems
- **Gum Irritation:** Regular use can cause gum inflammation, recession, or damage to oral tissue
- **Nicotine Toxicity:** Using multiple pouches or high-strength products can lead to nicotine overdose.



- **Pregnancy Risks:** Nicotine can harm fetal development and should be avoided during pregnancy.
- **Dental Issues:** May contribute to tooth discoloration and gum problems
- **Gateway Risk:** Could lead non-tobacco users, especially youth, to develop nicotine dependence.
- **Interaction with Medications:** Can interact with certain prescription medications
- **Withdrawal Symptoms:** Users may experience irritability, anxiety, and cravings when stopping.

Strategies for Quitting Nicotine Pouches

If you're looking to quit nicotine pouches, consider these evidence-based approaches:

1. Gradual Reduction

- Slowly decrease the number of pouches used daily.
- Switch to lower nicotine strength products over time.
- Track usage to monitor progress.

2. Professional Support

- Consult your health care provider about cessation options.
- Join counseling programs, support groups, or online communities geared toward quitting.

3. Behavioral Strategies

- Identify and avoid triggers that prompt pouch use.
- Find other ways to cope with stress.
- Practice mindfulness and relaxation techniques.
- Exercise regularly to manage cravings.

- Keep your mouth busy with sugar-free gum or healthy snacks.

4. Environmental Changes

- Remove all nicotine products from your environment.
- Inform friends and family about your quit attempt.
- Avoid situations where you typically use pouches.

5. Professional Resources

- Use cessation apps for tracking and motivation.
- Consider cognitive behavioral therapy (CBT).
- Regularly check in with your health care providers.

Remember that quitting nicotine is challenging but achievable. Many people require multiple attempts before succeeding. If one method doesn't work, try another or combine several approaches. The key is to stay committed to your goal while being patient with the process.

