

NICOTINE POUCHES: ADDICTION STARTS WITH JUST ONE

WHAT ARE THEY?

Oral nicotine pouches are smoke-free, tobacco-free products that contain nicotine, flavorings, and other ingredients. Users place them 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.



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.



Dental Issues: They may contribute to tooth discoloration and gum problems.



Withdrawal Symptoms: Users may experience irritability, anxiety, and cravings when stopping.



QUITTING SMOKING

The FDA 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.



STRATEGIES FOR QUITTING

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.

2. Professional Support

- Consult your healthcare provider about cessation options, such as nicotine replacement therapy (NRT).
- Join counseling programs, support groups, or online communities geared towards quitting.

3. Behavioral Strategies

- Identify and avoid triggers that prompt pouch use.
- Find other ways to cope with stress.

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.



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.

YOU CAN QUIT TODAY!