NICOTINE
AND THE BRAIN

- Nicotine increases levels of dopamine in the brain's reward circuits, which reinforces the behavior of taking the drug.
- Continued nicotine exposure can result in addiction and withdrawal symptoms when not smoking or attempting to quit.

HELP IS AVAILABLE

It's never too late to quit tobacco. Quitting now improves your health and reduces your risk of heart disease, cancer, lung disease, and other tobacco-related illnesses.

HERE ARE SOME RESOURCES TO HELP:

TELEPHONE

1-800-QUIT-NOW
(1-800-784-8669)

1-855-DÉJELO-YA
(1-855-335-3569) (en Español)

APP

Download the quitSTARTapp for tips, information, and challenges to help you quit.

TEXT

Text QUITNOW to 333888

Texto DÉJELO YA al 333888
(en Español)

HOW TOBACCO AFFECTS
YOUR TEETH AND MOUTH

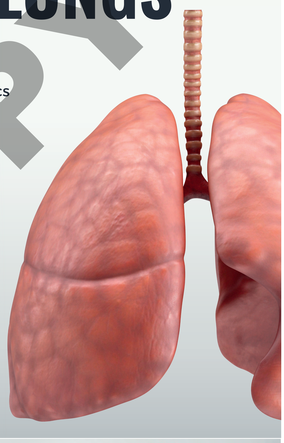
- Increased buildup of plaque and tartar on the teeth
- Increased risk of oral cancer and tooth decay
- Yellow or brown teeth
- Higher chance of tooth loss and gum disease
- Bad breath

WHAT SMOKING DOES
TO YOUR LUNGS

01 Smoking can cause lung disease by damaging your airways and the small air sacs (alveoli) found in your lungs.

02 Lung diseases caused by smoking include COPD, which includes emphysema and chronic bronchitis.

03 Cigarette smoking causes most cases of lung cancer. If you have asthma, tobacco smoke can trigger an attack or make an attack worse.



TOBACCO, NICOTINE,
AND YOUR HEART

- Nicotine causes an increase in heart rate and blood pressure. It forces the heart to work harder and increases the risk for heart attacks
- Smoking is a leading cause of heart disease
- Research shows that vaping can also cause heart damage

WHAT VAPING DOES
TO YOUR LUNGS

MUCH IS UNKNOWN ABOUT THE EFFECTS OF VAPING, BUT SEVERAL LUNG DISEASES ARE ASSOCIATED WITH IT:

- Popcorn lung – Increased difficulty breathing with no lasting treatment
- Vaping-related pnuemonia – Chronic cough, shortness of breath, and coughing up blood
- Cancer – Vaping introduces many chemicals into the lungs, but it hasn't been around long enough to know if it causes cancer

HOW DOES
NICOTINE WORK?

- Nicotine causes a release of adrenaline, which increases your blood pressure, breathing, and heart rate.
- Nicotine produces dopamine in the brain. The more it is used, the more the brain wants this chemical. This is what causes addiction.

VAPING IS NOT SAFE
VAPE JUICE CONTAINS MANY TOXIC CHEMICALS:

- Volatile organic compounds
- Propylene glycol
- Benzene
- Glycerol
- Acrolein

These chemicals are used to make products like antifreeze and weed killer.

NOT ONLY IS VAPING NOT SAFE, IT IS JUST AS ADDICTIVE AS SMOKING

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