What Is Nicotine....?
Nicotine is a highly addictive substance found naturally in tobacco plants and can be synthetically produced in laboratories. There is nicotine in all tobacco products, including cigarettes, cigars, shisha or hookah tobacco, heated tobacco products, smokeless tobacco (e.g., chewing tobacco, dip, snuff and snus), pipe tobacco and most vaping products (e.g., e-cigarettes, vape pens, mods, pods and tanks).^{1,2}

Nicotine Effects:^{2}
- Nicotine is quickly absorbed into the bloodstream from tobacco products
- Nicotine causes pleasure-inducing hormones called endorphins to be released, helping to relieve stress and pain and creating a sense of wellbeing
- Nicotine levels peak soon after entering the body and then decline rapidly along with the feel-good sensations
- Cravings for the “rewards” from nicotine develop once it is gone, possibly leading to a cycle of tobacco use

Nicotine Dependency:^{2}
- Nicotine raises the level of dopamine, a neurotransmitter made in the brain that plays a role as a “reward system” and boosts a person’s need for nicotine
- Frequent use of nicotine alters the way the brain works in relation to behavior and learning
- Changes in brain function from nicotine can lead to addiction and withdrawal symptoms when a person is not using tobacco
- Some tobacco products are made to deliver nicotine to the brain within seconds, making it easier to become dependent and more difficult to quit

The use of any tobacco product can lead to nicotine addiction because it changes the way the brain functions^{1}
Nicotine Health Risks:
- Nicotine has been shown to cause widespread adverse effects on all systems of the body, including cardiovascular, respiratory, renal and reproductive³
- Studies have demonstrated nicotine's potential to cause cancer³

Nicotine in Vaping Products:
- A study done by the Centers for Disease Control and Prevention found that 99% of vaping products, also referred to as electronic nicotine delivery systems (ENDS), sold in stores contained nicotine⁶
- The amount of nicotine a person absorbs while vaping depends on the type of e-liquid used, the temperature of heating, and the depth of the puff the person takes⁷
- E-liquids continue to increase in nicotine potency - the average nicotine concentration in e-cigarettes sold by US retailers more than doubled between 2013 and 2018⁷

Nicotine Withdrawal: Quitting tobacco causes almost everyone to have symptoms of nicotine withdrawal. The feelings vary, but some of the most common are⁸...

- Urges or cravings to use tobacco
- Feeling irritated, grouchy or upset
- Feeling jumpy or restless
- Trouble concentrating
- Difficulty sleeping
- Feeling hungry or gaining weight
- Feeling anxious, sad or depressed

For More Information, Contact:
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Last updated: November 25, 2022
References:


