



## Nicotine Dependence



### Overview

Some people become addicted to the drug nicotine. Of course, nicotine is found in tobacco products and in products made for vaping. Since it affects your brain and body, breaking this addiction is difficult.

### Why use nicotine?

Why do people use nicotine? Well, it makes some users feel happy and alert. It also helps curb your appetite. But over time, your body and brain begin to crave this drug. If you stop, you feel bad physically and mentally. To relieve or avoid these bad feelings, you may use nicotine even though you don't really want to. You feel you can't stop using it. When this happens, we say you have become "dependent" on the drug. Or, we say you are "addicted."

### Symptoms

Once dependent on nicotine, you'll have withdrawal symptoms when you try to quit. You may feel strong cravings for nicotine. You may have anxiety, depression and frustration. It may be hard for you to concentrate. You may have headaches and hunger. You may feel drowsy, or you may have trouble sleeping. These symptoms happen within two of three hours of your last use.

### Treatment

If you are dependent on nicotine, you know how hard it is to stop using it. But with effort, anyone can do it. Talk to your doctor to learn about things that can help you quit.

