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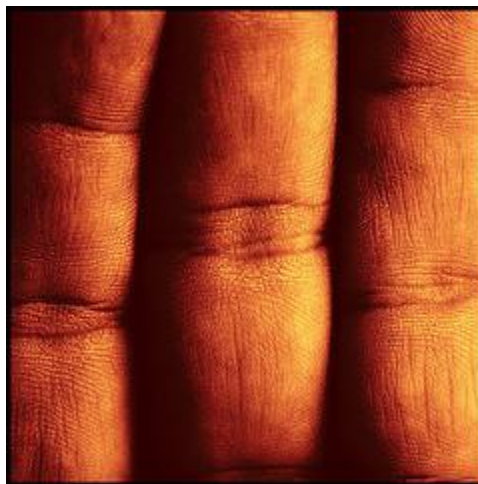
Hey everyone, it's back... Here are some more facts about smoking and quitting. Enjoy!

Why is smoking addictive?

When one smokes there is a quick distribution of nicotine to the brain. Nicotine is absorbed through the skin lining of the mouth and nose and by inhaling smoke into the lungs. Within in 10 seconds of inhaling nicotine level peak, than dissipate in a few minutes, thus, creating the need to smoke to maintain the pleasurable effects and prevent withdrawal.

Health Canada 2005

Ever wonder why people's teeth and fingers turn yellow from smoking? If you have here is the reason why...The nicotine in cigarettes is absorbed through the skin on fingers and the mucosal lining of the mouth and nose, as well as, when one inhales smoke into their lungs.



Health Canada, 2005
smoke lingers on the fingers

Did you know....Nicotine is quickly absorbed into the bloodstream, when it reaches the brain biological and chemical changes occur. One neurotransmitter affected is acetylcholine (a chemical that carries information across the spaces between nerve cells). Its function is to regulate blood pressure, sleeping patterns, memory, aggression, sexual activity and mental functioning. This may lead to feelings of being calm, a greater ability to concentrate, feelings of relaxation, and for a short while, a decreased urge to smoke.

Beyond the ABCs:Tobacco, AADAC, 2002

Withdrawal symptoms from nicotine peak approximately 24 to 48 hours after stopping and can last from three days up to four weeks; however, the craving for a cigarette can last for months. Some symptoms may include: depression, insomnia, irritability, anxiety, difficulty concentrating, restless, and decreased heart rate.

Beyond the ABCs:Tobacco, AADAC, 2002

The more intensively you focus on quitting, the higher your odds of quitting.
Journal of Clinical Psychology in Medical Settings. V6(1):11-38.

