



NICOTINE



Nicotine is an addictive, stimulant drug that is found naturally in the tobacco plant. There are many types of nicotine products, and the way they are used makes a difference in how you feel and how difficult it can be to stop using. Nicotine is usually found in cigarettes, cigars, pipes or vapes, but it also comes in smoke/vapeless forms such as snuff and dip/chewing tobacco. Other tobacco-free nicotine products include gum, pouches, lozenges and patches, which are used to help people quit using tobacco. Many communities consider non-commercialized tobacco to be of great cultural significance.

EFFECTS

- Relaxation and calmness
- Stimulation or increased creativity
- Appetite suppression
- Increases heart rate and blood pressure
- May feel dizzy or nauseated, particularly after your first time using

RISKS

- Tobacco smoke causes cancer, although nicotine itself does not. This is why smokers are much more likely to develop lung and other cancers.
- Smoking indoors or near others can impact the health of non-smokers (and pets) who share your space.
- Smoking tobacco increases the risk of heart disease, circulatory problems, bronchitis, chronic cough, and emphysema.
- Depression, irritability, restlessness, and anxiety are some of the withdrawal symptoms experienced by those who stop using nicotine after a period of regular use.
- Nicotine is addictive and can lead to problematic use, just like many substances can.

HARM REDUCTION TIPS

- Abstinence is the most effective way to reduce the risk of harm; but if that's not for you, then try to limit the number of times you use any nicotine product. Try to use less than daily. If using daily, try not to use more than once every 3 to 4 hours.
- Make the switch to nicotine products that do not burn, or that do not contain tobacco.
- If you are vaping with nicotine, choose e-cigarette cartridges with less nicotine concentration and keep the heat at a lower setting.
- If you vape, only use vaping devices that have been authorized for sale in Canada, and do not make modifications to the device. Each device is designed to operate a specific way, and tampering can cause overheating or other malfunctions that can be detrimental.
- Although vaping has helped many people quit smoking tobacco, the use of nicotine in any form still carries the risk that one might develop compulsive use and/or physical dependence.

