

Smoking/Nicotine



Brief Description:

One of the most heavily used addictive drugs in the U.S.

Effects:

Nicotine is highly addictive. The tar in cigarettes increases a smoker's risk of lung cancer, emphysema, and bronchial disorders. The carbon monoxide in smoke increases the chance of cardiovascular diseases. Secondhand smoke causes lung cancer in adults and greatly increases the risk of respiratory illnesses in children. Snuff and chewing tobacco are known to cause cancer of the mouth and throat.

Statistics and Trends:

In 2004, 30% of the U.S. population over age 12 used tobacco at least once in the month prior to being interviewed. Source: National Survey on Drug Use and Health - SAMHSA web site.

View Complete Report:

<http://www.nida.nih.gov/infofacts/tobacco.html>

Additional Sources of Information on Nicotine :

Mayo Clinic (Clinical Research)

Nature.com: Molecular Psychiatry

Guide for Quitting Smoking

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