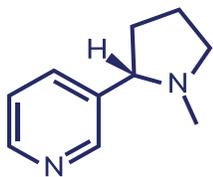


WHY ARE TOBACCO PRODUCTS SO HARD TO QUIT?

NICOTINE. Tobacco products are addictive because they contain nicotine. Nicotine keeps people using tobacco products, even when they want to stop.



nicotine

WHAT IS NICOTINE?

Nicotine is a highly addictive chemical compound present in a tobacco plant. All tobacco products contain nicotine, such as cigarettes, cigars, smokeless tobacco, hookah tobacco, and most e-cigarettes. Nicotine is what keeps people using tobacco products.

WHAT MAKES TOBACCO USE HARMFUL?

It's the thousands of chemicals contained in tobacco and tobacco smoke that make tobacco use so deadly. This toxic mix of chemicals—not nicotine—causes serious health effects, including fatal lung diseases and cancer. Some of these chemicals, known to cause lung damage, are also found in some e-cigarette aerosols.



HOW CAN NICOTINE ALSO HELP PEOPLE QUIT SMOKING?

FDA-approved nicotine replacement therapies (NRTs), such as nicotine skin patches, gum, and lozenges, are designed to help addicted adults quit smoking by delivering small amounts of nicotine to the brain. When used properly, NRTs can double the chances of successfully quitting cigarettes for good.



If you use tobacco products and would like to quit, consult with your health care provider about treatment options. You can also find resources to help you on your journey to living a smoke-free life at [Smokefree.gov](https://www.smokefree.gov).