

Why Do People Use Tobacco?



Many people begin using tobacco while they are experimenting as a young person. Children who live in a home where there is a smoker may try tobacco products out of curiosity.

The earlier young people start using tobacco, the greater their chances of becoming addicted.



Physical: The body experiences withdrawal symptoms if tobacco is used regularly.



Psychological: The mind depends on nicotine to create feelings of reward and pleasure.



Social: Cultural factors contribute to the routine and habit of use. At times, tobacco can act as a stimulant and at other times it may produce tranquilizing effects.



Nicotine has been found to be as addictive as heroin.

The more you use, the more addicted you become. The more addicted you become, the more hooked you get on the role of tobacco in your daily routine.

E-cigarettes and vapes contain nicotine and many other toxic chemicals that have adverse health effects.



These devices have NOT been found safe and are NOT approved to help people quit smoking.

Source: *Why It's So Hard to Quit Smoking*, American Heart Association, 2018, heart.org/en/news/2018/10/17/why-its-so-hard-to-quit-smoking; Nicotine Dependence, Mayo Clinic, 2022, mayoclinic.org/diseases-conditions/nicotine-dependence/symptoms-causes/syc-20351584

For more information, visit:
sentarahealthplans.com/quitsmoking



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