

Nicotine Withdrawal:

May make you-

- Have trouble concentrating and thinking
- Make you irritable, angry, anxious, and feel a bit depressed
- May intensify cravings for Nicotine products
- Make you hungrier than usual
- May make you tired but make it hard to sleep
- May intensify craving for nicotine
- Headaches/ dizziness
- Constipation

The most intense part is the first week. Many of the emotional parts improve over the first month. Craving can persist for years and this can increase the potential for relapses if those who are formerly dependent on nicotine are not keenly aware and do not work to apply behavioral techniques to help them avoid this pitfall.

Nicotine replacement therapy (NRT) provides a steady lower dose of nicotine to the brain to relieve the symptoms of withdrawal. Unlike in e-cigarettes or traditional cigarettes, the nicotine in NRT arrives in the brain in lower and slower levels producing for most no nicotine buzz but fending off the withdrawal. Overtime the dose can be dropped, avoiding the unpleasant withdrawal. Combining these therapies with behavior support further increases success rates.

In large studies of adults, using NRT or other medications to help with smoking cessation and address nicotine dependence has greatly improved the chances of successful quit attempts. More recent studies of NRT have suggested that combining products such as the patch and gum in adults increases the chances of successful quitting. A regimen should be discussed with your doctor to suit your specific needs. NRT is recommended for youth using large amounts of nicotine but there is still much research to be done for adolescents with nicotine dependence.

Smoking Cessation Resources

DocMikeEvans - What is the Single Best Thing You Can do to Quit Smoking? Video <https://www.youtube.com/watch?v=z16vhtjWKL0>

Maine Quit Link Via Text- Text MAINE to 88079 (sponsored by Truth Initiative)

Maine Tobacco Helpline

Thequitlink.com

Call the Maine Tobacco Helpline at 1-800-Quit Now or [sign up online](#) to quit.

Ready to Quit Form: <https://thequitlink.com/ready-to-quit/>

Tools to Quit Resources: <https://thequitlink.com/tools-to-quit/>

Resource Specifically for Teens: <https://teen.smokefree.gov/>

QuickStart App to help quit smoking: <https://teen.smokefree.gov/become-smokefree/quitstart-app>

CDC Resources: [SmokefreeTXT](#)

A mobile service that provides encouragement, advice, and tips to help young adults quit smoking.

[Smokefree Smartphone Apps](#)

Smokefree smartphone applications that help you track your quit smoking progress, receive motivational reminders, and more.

[BeTobaccoFree.gov](#) HHS Web site provides one-stop access to tobacco-related information, including on quitting

[1-800-QUIT-NOW](#) A free, phone-based service with educational materials, coaches, a quit plan, and referrals to local resources to help you quit tobacco use.

This is Quitting - The Truth Initiative – Text “Maine” to 88709