

Name _____

Nicotine: A Tricky Addiction

Short Answer Key

1. Tolerance in nicotine addiction means that individuals need higher doses of nicotine to achieve the same effects they initially experienced, leading to increased nicotine consumption.
2. Common withdrawal symptoms include irritability, anxiety, difficulty concentrating, and strong cravings for nicotine.
3. It is crucial to prevent nicotine addiction among young people because they are particularly vulnerable, and addiction can lead to lifelong health issues.
4. Nicotine replacement therapies (NRTs) are products like nicotine gum, patches, and lozenges that provide a controlled dose of nicotine without harmful chemicals. They help reduce withdrawal symptoms and cravings, making it easier to quit smoking.
5. A support system can help someone trying to overcome nicotine addiction by providing encouragement, understanding, and accountability. Support can come from healthcare professionals, support groups, friends, and family members.

