YOU CAN BREATHE EASY, S&T HAS BEEN TOBACCO FREE SINCE 2016
WHAT IS NICOTINE?

Nicotine is an \textit{addictive chemical} compound that is found in tobacco plants. Products like cigarettes, cigars, smokeless tobacco like snuff or chewing tobacco, hookah shisha, and most e-cigarettes and vape juice contain nicotine. \textit{Nicotine is the addictive chemical that is what leads to continued purchase of these products, but the most harmful parts of these products include other chemical additives like formaldehyde, lead, and arsenic. Due to these additives, both smoke from traditional tobacco products and vapes has the potential to be harmful to both the main consumer and those around them as secondhand smoke. Nicotine is a type of drug that is classified as a stimulant, meaning that it speeds up signals traveling through the body.}
NICOTINE HEALTH EFFECTS

Short Term
• Increased heart rate
• Coughing
• Shortness of breath

Long Term
• Damage to blood vessels
• Risks of cancer, stroke, and COPD
• Sexual dysfunction
• Tooth loss
Are you thinking about making a change?

Miner Wellness is here to support students, faculty, and staff with one-on-one consultations to address nicotine use.

Scan the code for more information
THE HEALTH BENEFITS OF QUITTING SMOKING

20 MINUTES AFTER
Heart rate and blood pressure drop

5 TO 10 YEARS AFTER
Stroke risk decreases

A FEW DAYS AFTER
Carbon monoxide levels in blood drop

1 TO 2 YEARS AFTER
Risk of heart disease drops

3 MONTHS AFTER
Circulation and lung function improve

1 TO 12 MONTHS AFTER
Coughing and shortness of breath decrease

Adapted from Cancer.org, 2021
Extra Objects