

# NICOTINE ADDICTION

## Quick Facts

- According to results from the AADAC 2003 Public Opinion Survey, 95% of Albertans somewhat agreed or strongly agreed that tobacco is highly addictive.<sup>1</sup>
- 33% to 50% of people who experiment with cigarettes become regular users.<sup>2</sup>
- 70% to 90% of people who are regular users are addicted to nicotine.<sup>2</sup>
- Withdrawal symptoms include depression, insomnia, irritability, anxiety, difficulty concentrating, restlessness, decreased heart rate, increased appetite, weight gain and craving for nicotine.<sup>3</sup>
- Withdrawal symptoms peak 24 to 48 hours after cessation and can last from three days to four weeks, although the craving for a cigarette can last for months.<sup>4</sup>
- Relapse rates for quitters are high: about 60% relapse in three months, and 75% in six months.<sup>5</sup>
- Relapse is the rule, not the exception, and must be viewed as part of the cessation process.