

NICOTINE IS NO JOKE

Cigarettes aren't the only way to feel the effects of nicotine. Vapes, chewing tobacco, cigars, nicotine pouches and even hookah all deliver the same addictive chemical — nicotine.

Nicotine can cause serious damage. See how nicotine may affect your entire body from brain to bones.

Skin & Hair

Delayed healing, accelerated wrinkles, signs of aging, hair thinning, hair loss and brittle nails.

Eyes

Worsening eyesight and increased chances of developing glaucoma or cataracts.

Brain

Development of addiction, mood disorders, difficulty learning and cognitive decline.

Mouth

Reduced saliva production, dry mouth, increased risk of tooth decay, bad breath and more.

Lungs

Damaged lung tissue, impaired immune function and worsening of existing conditions.

Heart

Increased heart rate, blood pressure, inflammation and risk of heart attack or stroke.

Bones

Slowed production of bone-building cells and impaired healing of broken or fractured bones.

This Is Your Body on Nicotine

WANT TO LEARN MORE?

VISIT [QUITTOBACCO.SD.COM](https://quittobacco.sd.com) TO GET STARTED!

QUIT^{SD}