

What happens when I smoke?

- Soft tissues in the mouth and throat absorb nicotine
- The brain releases adrenaline (the stress hormone) which makes the heart beat faster and constricts blood vessels in skin and intestine to redirect blood to muscles for flight/fight response
- Red blood cells carry carbon monoxide from the lungs round the body, causing light-headedness
- Oxygen starvation causes the nervous system to spasm causing tingling in fingers/toes
- After an initial feel good experience, a chemical made in the brain called dopamine is depressed, encouraging the smoker to smoke more just to feel normal.
- Within 2 hours withdrawal symptoms begin and feelings of depression and stress can be expected. The smoker lights up in an attempt to temporarily relieve these symptoms - not realising that the smoking is the cause not the solution.

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