

# Nicotine

## Nicotine

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Nicotine is a naturally produced alkaloid in the nightshade family of plants (most predominantly in tobacco and *Duboisia hopwoodii*) and is widely used recreationally as a stimulant and anxiolytic. As a pharmaceutical drug, it is used for smoking cessation to relieve withdrawal symptoms. Nicotine acts as a receptor agonist at most nicotinic acetylcholine receptors (nAChRs), except at two nicotinic receptor subunits (nAChR $\alpha$ 9 and nAChR $\alpha$ 10) where it acts as a receptor antagonist.

Nicotine constitutes approximately 0.6–3.0% of the dry weight of tobacco. Nicotine is also present in trace amounts — measured in parts per billion — in edible plants in the family Solanaceae, including potatoes, tomatoes, and eggplants, and sources disagree on whether this has any biological significance to human consumers...

## Nicotine withdrawal

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Nicotine withdrawal is a group of symptoms that occur in the first few weeks after stopping or decreasing use of nicotine. Symptoms include intense cravings for nicotine, anger or irritability, anxiety, depression, impatience, trouble sleeping, restlessness, hunger, weight gain, and difficulty concentrating. Withdrawal symptoms make it harder to quit nicotine products, and many smoking cessation methods aim to reduce these symptoms. Smoking cessation programs can help increase the chances of success. Nicotine withdrawal is recognized in both the American Psychiatric Association Diagnostic and Statistical Manual (DSM) and the WHO International Classification of Diseases (ICD).

## Nicotine poisoning

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Nicotine poisoning describes the symptoms of the toxic effects of nicotine following ingestion, inhalation, or skin contact. Nicotine poisoning can potentially be deadly, though serious or fatal overdoses are rare. Historically, most cases of nicotine poisoning have been the result of use of nicotine as an insecticide. More recent cases of poisoning typically appear to be in the form of Green Tobacco Sickness, or due to unintended ingestion of tobacco or tobacco products or consumption of nicotine-containing plants.

Standard textbooks, databases, and safety sheets consistently state that the lethal dose of nicotine for adults is 60 mg or less (30–60 mg), but there is overwhelming data indicating that more than 500 mg of oral nicotine is required to kill an adult.

Children may become ill following...

## Nicotine dependence

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Nicotine dependence is a state of substance dependence on nicotine. It is a chronic, relapsing disease characterized by a compulsive craving to use the drug despite social consequences, loss of control over drug intake, and the emergence of withdrawal symptoms. Tolerance is another component of drug dependence. Nicotine dependence develops over time as an individual continues to use nicotine. While cigarettes are the most commonly used tobacco product, all forms of tobacco use—including smokeless tobacco and e-cigarette use—can cause dependence. Nicotine dependence is a serious public health problem because it leads to continued tobacco use and the associated negative health effects. Tobacco use is one of the leading preventable causes of death worldwide, causing more than 8 million deaths...

### Nicotine replacement therapy

*Nicotine replacement therapy (NRT) is a medically approved way to treat people with tobacco use disorder by taking nicotine through means other than tobacco*

Nicotine replacement therapy (NRT) is a medically approved way to treat people with tobacco use disorder by taking nicotine through means other than tobacco. It is used to help with quitting smoking or stopping chewing tobacco. It increases the chance of quitting tobacco smoking by about 55%. Often it is used along with other behavioral techniques. NRT has also been used to treat ulcerative colitis. Types of NRT include the adhesive patch, chewing gum, lozenges, nose spray, and inhaler. The use of multiple types of NRT at a time may increase effectiveness.

Common side effects depend on the formulation of nicotine. Common side effects with the gum include nausea, hiccups, and irritation of the mouth. Common side effects with the patch include skin irritation and a dry mouth while the inhaler...

### Nicotine patch

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A nicotine patch is a transdermal patch that releases nicotine into the body through the skin. It is used in nicotine replacement therapy (NRT), a process for smoking cessation. Endorsed and approved by the U.S. Food and Drug Administration, it is considered one of the safer NRTs available for the treatment of tobacco use disorder.

Nicotine replacement products including gum and transdermal patches are on the World Health Organization's List of Essential Medicines.

### Nicotine polacrilex

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Nicotine polacrilex is nicotine bound to an ion-exchange resin (polymethacrylic acid, such as Amberlite IRP64, Purolite C115HMR or Doshion P551). It is added to gum and hard lozenges used for nicotine replacement therapy in smoking cessation, such as in the Nicorette range of products. The use of the polymer as a delivery system maximizes the amount of nicotine released and absorbed by the oral mucosa. 80 to 90 percent of the nicotine released from the gum is absorbed by the mouth. Side effects of the gum include bad taste, nausea, dyspepsia, and stomatitis.

### Nicotinic acetylcholine receptor

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Nicotinic acetylcholine receptors, or nAChRs, are receptor polypeptides that respond to the neurotransmitter acetylcholine. Nicotinic receptors also respond to drugs such as the agonist nicotine. They are found in the central and peripheral nervous system, muscle, and many other tissues of many organisms. At the neuromuscular junction they are the primary receptor in muscle for motor nerve-muscle communication that controls muscle contraction. In the peripheral nervous system: (1) they transmit outgoing signals from the presynaptic to the postsynaptic cells within the sympathetic and parasympathetic nervous system; and (2) they are the receptors found on skeletal muscle that receives acetylcholine released to signal for muscular contraction. In the immune system, nAChRs regulate inflammatory...

## Nicotine salt

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Nicotine salts are salts formed from nicotine and an acid. They are found naturally in tobacco leaves. Various acids can be used, leading to different conjugate bases paired with the ammonium form of nicotine.

## Nicotine gum

*Nicotine gum is a chewing gum containing the active ingredient nicotine polacrilex. It is a type of nicotine replacement therapy (NRT) used alone or in*

Nicotine gum is a chewing gum containing the active ingredient nicotine polacrilex. It is a type of nicotine replacement therapy (NRT) used alone or in combination with other pharmacotherapy for smoking cessation and for quitting smokeless tobacco.

Nicotine gum is available via general, pharmaceutical, and online sales without the need for a prescription. Flavor options range from mint and cinnamon to various fruit flavors, and doses range from 2–6 mg, though it is most commonly sold in 2 and 4 mg strengths. Common side effects include mouth irritation or ulcers, jaw pain, and hiccups. Although nicotine in tobacco products is associated with increased cardiovascular risk, hyperlipidemia, and increased insulin resistance, there is insufficient evidence to demonstrate that nicotine found in nicotine...

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