MU MYTHBUSTERS

MYTH

I CAN'T GET ADDICTED TO CIGARETTES IF I ONLY SMOKE WHEN I'M PARTYING

BUSTED

DUH?

It can take as few as three cigarettes to begin craving nicotine.

What does that mean? It means that when nicotine enters your bloodstream it can very quickly change your brain chemistry. Approximately 2200 adults over the age of 18 begin smoking each day!!!! All because nicotine is such an addictive drug.

Luckily, Mizzou offers FREE cessation counseling and FREE nicotine replacement therapy in the form of lozenges, patches or gum through the Fresh_U program! To take advantage of this awesome program, please schedule an appointment at wellness.missouri.edu.

If you would like more information on how tobacco affects your life you can visit smokefree.missouri.edu.

WANT MORE PROOF?

WELLNESS.MISSOURI.EDU/MYTHBUSTERS

Brought to you by the Wellness Resource Center. wellness.missouri.edu
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