

Nicotine Addiction and Caffeine Consumption

When you smoke, your body breaks down caffeine more quickly than if you were not smoking. This means you can consume more caffeine during a day. When you quit smoking, the caffeine levels in your body are affected. If you stop consuming nicotine (which is contained in tobacco), the effect of caffeine can double and even triple. Your liver will start recognizing caffeine after 24 hours, since the caffeine won't be competing with nicotine, and your body could need less caffeine. As a result, you may experience symptoms of caffeine overdose such as dizziness, palpitations, sweats, weakness, etc.

When you stop smoking, you are strongly recommended to reduce your caffeine consumption to minimize the possible side effects of caffeine overdose. You should cut your caffeine consumption in half by reducing your daily number of caffeinated drinks (e.g. coffee, tea, soft drinks, energy drinks) compared to what you used to drink when you were smoking. You may also replace coffee with a decaffeinated drink. Here are some other tips to help you gradually reduce your caffeine consumption:

- *Order coffee made of 50% decaf and 50% regular coffee;*
- *Make your coffee at home with less coffee but the same amount of water;*
- *Make your coffee as usual but only take a half a cup of coffee and fill the rest of the cup with hot water;*
- *Order a coffee made of 50% regular coffee and 50% hot water;*
- *When you make tea in a teapot, use fewer teabags than before;*
- *Don't leave a teabag steeping in hot water;*
- *Change your brand of coffee;*
- *Avoid drinking coffee in situations where you would normally smoke;*
- *Drink tea rather than coffee.*

Be on the lookout for signs of caffeine overdose, which are similar to those of nicotine withdrawal. The possible adverse effects of caffeine overdose include caffeine poisoning, nervousness, irritability, headaches, insomnia, and heart palpitations.

If you are planning to quit smoking or have recently quit, we advise you to contact a smoking cessation clinic in your area for advice. Doing so will triple your chances of success. To get the phone numbers for the smoking cessation clinics, visit Vitalité Health Network's website at <http://www.vitalitenb.ca/en/points-service/smoking-cessation-clinic-0>.

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