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nicotine, leading to tolerance. This means the same dose of nicotine no longer produces the same level of reward, driving the user to seek out more tobacco to achieve the desired effect.

Cravings and Dependence: As the time between uses increases, withdrawal symptoms begin to set in. These symptoms, including cravings, anxiety, and irritability, create discomfort that can be alleviated by resuming tobacco use [7].

The Cycle Continues: The cycle repeats itself with each use, reinforcing the dependence and making quitting increasingly difficult.

Methods for Overcoming Nicotine Dependence

Nicotine Replacement Therapy (NRT): This method provides