



USMNT: Whose stock changed after strong international window?

SPORTS, 1B

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Nicotine is the primary driver of tobacco addiction in the form of cigarettes, vapes and most other forms of commercial tobacco. The greatest health risks arise when tobacco is burned, which generates thousands of toxic substances.

PHOTOS BY GETTY IMAGES

Movement touts addictive drug as beneficial, but dangers persist

Hasmeena Kathuria

University of Wisconsin-Madison
THE CONVERSATION

An ironic development emerging alongside the “Make America Healthy Again” movement is the portrayal of nicotine as a wellness and performance-enhancing product. Across social media, podcasts, wellness communities and tech startups, prominent wellness personalities and other influencers are portraying nicotine as a misunderstood compound whose potential benefits have been overshadowed by its negative association with cigarette smoking.

As a result, nicotine is being repositioned from an addictive substance linked to tobacco use to a natural product that can be used for everything from improving focus to protecting against cognitive decline. This trend includes use of nicotine alone in noncombustible products such as nicotine pouches, or in combination with caffeine and nootropics, which are substances marketed to enhance cognition.

As a pulmonary physician-scientist who studies nicotine addiction and the health consequences of tobacco and nicotine products, I am concerned about claims that nicotine can enhance wellness, productivity and cognitive performance.

Distinguishing between nicotine and tobacco

Some of these claims stem from the observation that nicotine is a naturally occurring plant compound found primarily in tobacco and in night-shade vegetables such as tomatoes, potatoes and eggplant in trace amounts. Proponents of nicotine use also draw on studies suggesting that nicotine can affect certain aspects of cognition and brain



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function.

However, extending these findings to broad claims about productivity, brain health, longevity or wellness goes well beyond what has been shown in human studies.

Nicotine is the primary driver of tobacco addiction in the form of cigarettes, vapes and most other forms of commercial tobacco.

The greatest health risks arise when tobacco is burned, which generates thousands of toxic substances, including carcinogens, carbon monoxide and fine particulate matter. Repeated exposure to these combustion products can cause cancer, chronic obstructive pulmonary disease,

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Clock fight pits science vs. politics

Disagreement persists on which time to adopt

Doyle Rice and Jeanine Santucci
USA TODAY

Daylight is already fading, and soon Americans will set back the clocks, too. But this year, political support is building for doing away with seasonal time changes by switching to permanent daylight saving time.

That would be a mistake, scientists say.

A new report echoes a chorus of scientific research saying that permanent standard time is the best solution for eliminating the dreaded twice-yearly clock change.

People might enjoy daylight saving time for its later sunsets throughout the year. But standard time's earlier sunrises are more in line with our body clocks, leading to better sleep and mood, authors of the report said.

For now, most of the nation is

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Kennedy launches new push on vaccine injuries

Ahmed Aboulenein
REUTERS

WASHINGTON – Health Secretary Robert F. Kennedy Jr. last week launched an agencywide effort to study and document any health problems reported after vaccination, the Department of Health and Human Services said on Oct. 8.

The initiative is the latest step by Kennedy, who spent years questioning vaccine safety and founded an anti-vaccine group before taking office, to reshape federal immunization policy.

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