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The *British Journal of Pharmacology* study reveals that exercise during nicotine exposure markedly reduces the severity of nicotine withdrawal symptoms, an effect that is accompanied by increased activation of α7 nicotinic acetylcholine receptors (which are targets of nicotine) in the hippocampal region of the brain.

“The findings support the protective effect of exercise preceding smoking cessation against the development of physical dependence, which may aid smoking cessation by reducing the severity of withdrawal symptoms,” said senior author Dr. Alexis Bailey, of St. George’s University of London.

**Additional Information**


**About Journal**

The *British Journal of Pharmacology* is a broad-based journal giving leading international coverage of all aspects of experimental pharmacology. It publishes high quality original research and authoritative reviews. Each year a range of themed issues are published and a must-read supplement, the Concise Guide to Pharmacology, is published biennially.

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