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June 2018 Newsletter

Center for a Tobacco-Free Finger Lakes (CTFFL)
(Funded by NYSDOH, Bureau of Tobacco Control)

Serving: Chemung, Livingston, Monroe, Ontario, Seneca,
Schuyler, Steuben, Wayne and Yates counties

Our Goal: Working with Medical Health Systems and Mental Health Systems to establish sustainable tobacco control.

Contact Connie Bottoni at connie_bottoni@urmc.rochester.edu if you wish to receive or stop receiving this monthly newsletter.

Thinking About Quitting Tobacco?

[Medicaid](#) and most health insurance plans cover smoking cessation. Talk to your health care provider about quitting and medications that might be right for you. For additional help, call the New York State Smokers' Quitline for free help in English and Spanish at 1-866-NYQUITS (1-866-697-8487) or visit <http://www.nysmokefree.com>.

"Quitting smoking reduces the risk of smoking-related diseases and could also improve mental health and addiction recovery outcomes."



Higher formaldehyde risk in e-cigarettes than previously thought

The researchers revealed that e-cigarette vapor can contain previously unknown forms of formaldehyde at levels five to 15 times higher than the formaldehyde in regular cigarettes. The chemicals were detected when the vaping device used in their experiments was set at the high end of its heat settings. Read the entire article at: <https://www.sciencedaily.com/releases/2018/05/180521184653.htm>



SUCCESSFUL NICOTINE RECOVERY MEANS HAVING A PLAN!

It's not enough to use nicotine replacement therapy like patches or gum or prescription medications like Chantix or bupropion. It's essential to have to a plan and know how to respond to cravings. Medications can tame the nicotine cravings but focusing on changing routines, having coping strategies, and reaching out for support are key things that increase the odds of beating the nicotine addiction. The "Five D's" can help too!

Five D's: Delay, Drink water, Do something else, Deep breaths, and Discuss your feelings.



Have a Tobacco Free
Summer!

For more information or to schedule a CTFFL tobacco intervention training, contact:

Thomas Della Porta, MS Project Manager, Center for a Tobacco-Free Finger Lakes

Thomas_dellaporta@urmc.rochester.edu Phone: (585) 275-0598 Fax: (585) 424-1469

Tobacco Users and Providers can contact the NY State Smokers' Quitline or visit their website for support and resources.
1-866-697-8487 or their website www.nysmokefree.com.