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February 2020 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 & Yates counties

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

Smoking is Related to Heart Disease and Stroke

Smoking is a major cause of Cardio Vascular Disease (CVD). Smoking causes one of every four deaths from CVD. Smoking can:

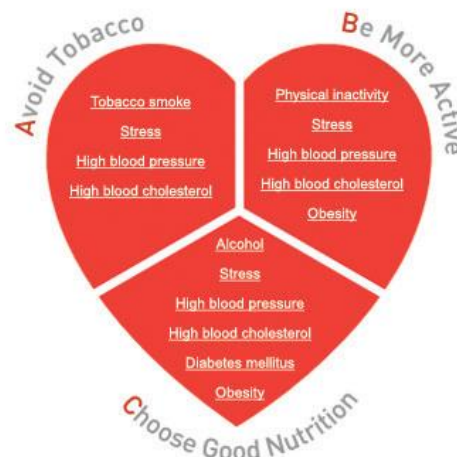
- Raise triglycerides (a type of fat in your blood)
- Lower “good” cholesterol (HDL)
- Make blood sticky and more likely to clot, which can block blood flow to the heart and brain
- Damage cells that line the blood vessels
- Increase the buildup of plaque (fat, cholesterol, calcium, and other substances) in blood vessels
- Cause thickening and narrowing of blood vessels



https://www.cdc.gov/tobacco/basic_information/health_effects/heart_disease/

5 Steps to quit smoking/vaping (from American Heart Association)

1. Set your “Quit Day” and take a “No Smoking” or “No Vaping” pledge.
2. Choose your method for quitting.
 - Stop all at once.
 - Cut back on the amount you smoke each day until you stop completely.
 - Smoke half a cigarette to reduce the amount you’re smoking until you can quit completely.
3. Talk with your doctor and decide if you’ll need medicines or other help to successfully quit.
4. Make a plan for your Quit Day and afterward.
5. And finally, quit tobacco for good on your Quit Day! Call the NY State Smokers’ Quitline for extra support.



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

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