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## February 2016 Newsletter

# Center For A Tobacco-Free Finger Lakes



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

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

### **Dealing with Urges to Smoke**

- 1. Identify triggers.** Think about times when you want a cigarette.
- 2.. Select coping skills.** How will you cope with each of your trigger situations?
- 3. Time your smoking urges.** They will probably last only a minute or less.
- 4. Put your plan into action.** Review the plan, practice and be ready to act when you feel an urge to smoke.
- 5. Use approved medication control the urges.** These include, the nicotine patch, gum, lozenge, inhaler, and prescription medications like Chantix, Wellbutrin and bupropion.
- 6. Call someone,** such as a friend, relative or the NY State Smokers' Quitline for support.
- 7. Don't give up, keep trying.** Learn what works from previous attempts.

### **Smoking Affects Heart Health**

- \* Cigarette smoking causes about 1 in every 5 deaths in the United States each year .
- \* Smoking harms nearly every organ in the body, including the heart.
- \* Any amount of smoking, even light smoking or occasional smoking, damages the heart and blood vessels.
- \* Becoming Tobacco Free is the best things you can do for your heart health.
- \* After one year of not smoking, the risk of a heart attack is cut in half.

**Free help is available from the NY State Smokers' Quitline at [www.smokefree.com](http://www.smokefree.com)**



Contact us at: Center for a Tobacco-Free Finger Lakes for more information.

Thomas Della Porta, MS at [Thomas\\_DellaPorta@URMC.Rochester.edu](mailto:Thomas_DellaPorta@URMC.Rochester.edu)

Phone: (585) 275-0598 Fax: (585) 424-1469