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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.

March 2016 Newsletter

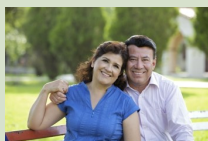
Center For A Tobacco-Free Finger Lakes (CTFFL)



Why Exercise Could Help You Quit Smoking

March is National Colorectal Cancer Awareness Month

- Each year about 140,000 Americans are diagnosed with colorectal cancer.
- Screening also finds this cancer early, when treatment can be most effective.
- People 50 years and above should be screened regularly.
- Be physically active.
- Maintain a healthy weight.
- Don't drink too much alcohol.
- Smoking is the second leading cause of colon cancer.



Did you know ...

- Quit rates are higher when exercise is involved.
- Exercise gives the same "feel-good sensations" as smoking a cigarette.
- Exercise can help limit or avoid weight gain.
- Exercise doesn't mean just going to the gym or running a 5k race. Going for a walk or increasing your daily activity can be just as effective in fighting the urge to smoke.

Want to quit smoking?

Not sure where to start?

- ◇ Talk to your doctor .
- ◇ Call the National Quitline 1-800-QUIT-NOW or visiting www.smokefree.gov. OR the NY State Smokers' Quitline at 1-866-897-8487 & NYSmokefree.com



U.S. Transportation Department bans in-flight vaping on US Flights

Passengers can carry e-cigarettes on the plane with them but are not allowed to charge its battery or to pack them into carry-on luggage because these batteries can explode if there is a defect or if exposed to changing temperatures.



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