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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.

### Using the 5A's is the gold standard for smoking-cessation treatment in clinical practice.

#### The "5A's" consist of:

- Asking patients about their tobacco use;
- Advising them to quit;
- Assessing their readiness to do so;
- Assisting them in planning and carrying out a quit attempt;
- Arranging for follow-up to provide support and prevent relapse.
- Referrals for additional support can also be helpful.

\* *The New York Smokers' Quitline offers free support for both patients ready to quit and for providers.*

Visit their website at: [NYSmokeFree.com](http://NYSmokeFree.com) or 1-866-697-8487.

## April 2016 Newsletter

# Center For A Tobacco-Free Finger Lakes (CTFFL)



## Treating Nicotine Addiction

### Did you know ...

New York State is one of five states awarded \$1 million over two years to initiate an innovative tobacco control project.

The state is using the funds to create, implement, and evaluate a media campaign aimed directly at health care providers.

The campaign was designed with input from physicians, physician assistants and nurse practitioners. It urges health care providers to use effective treatments, such as counseling and medications, for their patient with nicotine addiction.

When providers treat smokers through counseling and approved

medication, long-term abstinence rates increase dramatically!

The ads will feature a website, <http://talktoyourpatients.ny.gov>, where providers can go for more detailed information and resources.



The Bureau of Tobacco Control's Media Campaign will run from March 14 – July 10, 2016.

### **The Average Financial Cost of Smoking in New York** See the Full Report at: <https://wallethub.com/edu/the-financial-cost-of-smoking-by-state/9520/>

- **Out-of-Pocket Cost per Smoker** – \$187,379
- **Financial Opportunity Cost per Smoker** – \$1,771,868
- **Health-Care Cost per Smoker** – \$240,162
- **Income Loss per Smoker** – \$239,443
- **Other Costs per Smoker** – \$13,883

**Total Cost Over a Lifetime per Smoker: \$2,452,735**

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