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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.

June 2016 Newsletter

Center For A Tobacco-Free Finger Lakes (CTFFL)

If you no longer wish to receive our newsletters or if you have suggestions for improvement, please contact connie_bottoni@urmc.rochester.edu.

Third-Hand Smoke, What is it and Why is it dangerous?

Did you know...

- Third-Hand smoke is the left over residue from smoking a cigarette.
- These ultra-fine particles settle on everything, including hair, skin, and clothing, furniture, carpets, drapes, car surfaces etc.
- The residue contains over 250 toxic chemicals.
- Smoking in different rooms, near open windows or smoking with a fan on does not eliminate Third-Hand Smoke.
- Third-Hand smoke residue builds up on surfaces over time and resists normal cleaning.
- Babies and children can be harmed because they breathe in toxic chemicals when they crawl on floors, sit in cars, or are held by adults.
- Pets also ingest the toxic smoking residue left on surfaces.



Flavored E-Cigs, Cigars to Remain on Market

The White House Office of Management and Budget (OMB) released its version of the new regulation [announced by the Food and Drug Administration](#) May 5, 2016, which extends the agency's authority over tobacco products.

The White House revision deleted a provision of the regulation that would have removed flavored e-cigarettes, cigars, little cigars, and hookahs from the market starting in November, pending a review of the products by FDA.

QUIT TIP

THE 5 D'S TO HELP STOP CRAVINGS

DELAY

Cravings are short-lived, so wait them out for a few minutes.

DEEP BREATHING

Relax with some long, deep breaths.

DIGEST

Eat a healthy snack or suck on some sugarless candy.

DRINK

Hydrate with water.

DISTRACT

Engage in an activity like exercise, a hobby, or calling a friend.

QUITMONDAY.ORG



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