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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.

# August 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](mailto:connie_bottoni@urmc.rochester.edu).

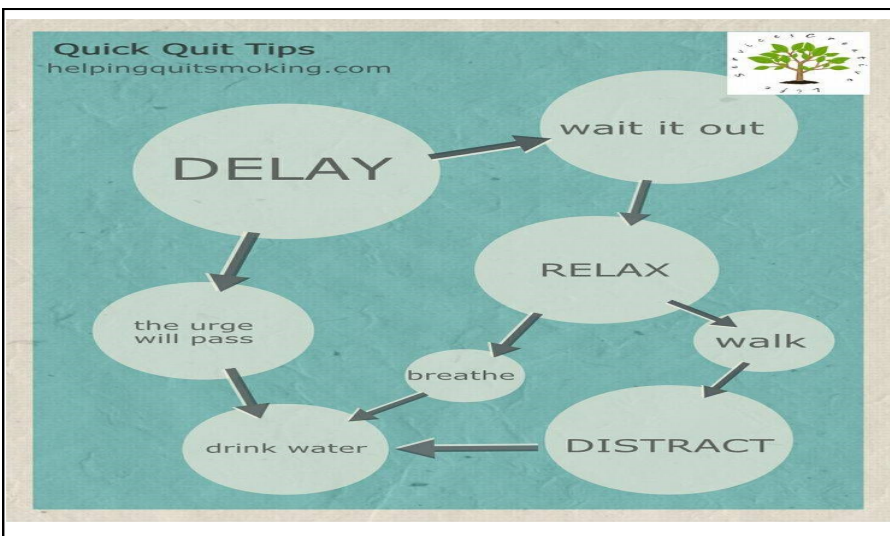
## NY State Smokers' Quitline

### TELEPHONIC SERVICES

- Tailored and client-centered coaching.
- Relapse support.
- Education on stop smoking medications.
- Eligibility screening for a two week supply of patches.

### Website Services

- Help for all stages of the quit process.
- Videos and downloadable materials.
- Interactive features such as chats and forums.
- Informational resources for health care providers.



Smoking around pets exposes them to secondhand and thirdhand smoke\*. The toxic residue and smoke can cause cancer, and increased respiratory disease.

\* "Thirdhand smoke is the ultra fine residue left on furniture, walls, hair, skin etc. when someone smokes. This residue is thought to react with common indoor pollutants to create a toxic mix.

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