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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.

November 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.

QUIT LIKE A CHAMPION

How does your body recover after quitting...

- ◆ **20 minutes:** Heart rate and blood pressure drop.
- ◆ **12 hours:** Carbon monoxide level in your blood drops to normal.
- ◆ **2 weeks to 3 months:** Circulation improves and lung function increases.
- ◆ **1—9 months:** Coughing and shortness of breath decrease. You begin to regain normal lung functions.
- ◆ **1 year:** Risk of coronary heart disease is half that of a regular smoker.
- ◆ **5 years:** Cancer risk is cut in half. Stroke risk can fall to that of a non-smoker after 2-5 years.
- ◆ **10 years:** Risk of dying from lung cancer is half that of a person who smokes.
- ◆ **15 years:** Risk of coronary heart disease is that of a non-smoker.

Quit Tip of the Month

NEED HELP TO QUIT SMOKING?

SET A DATE. **MAKE A QUIT PLAN.** **QUIT FOR GOOD.**

You can do it. For FREE help, call 1-800-QUIT-NOW. source: www.cdc.gov

Overcoming tobacco addiction is both mental and physical. For most people, the best way to quit will be some combination of medicine, a method to change personal habits, and emotional

Great American Smokeout



**Make a pledge to stop smoking
on November 17, 2016.**

Talk to your doctor and call the NY State Smokers' Quitline for support. Quitline's Toll Free number: 1-866-697-8487 or visit www.nysmokefree.com

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