

Follow us on Facebook & Twitter for current tobacco related news @ [www.facebook.com/GRATCCOnline](http://www.facebook.com/GRATCCOnline)



follow us on  
twitter  
@DontBeSilent

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.

## December 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).

QUIT TIP

### QUENCH YOUR NICOTINE HABIT

Smoking is a habit as well as an addiction. So substitute a new behavior for reaching for a cigarette. When the craving hits, get yourself some water and take a cool, refreshing drink.

### What is Third-hand Smoke?

It refers to the toxic smoke residue that is left behind after being around people who are smoking.

These toxins can be absorbed through the skin and mucus membranes of non-smokers, particularly infants and children.

The residue can be found on hair, clothes, skin, furniture, carpeting etc.

Children are especially susceptible to inhaling third hand smoke residue.



### DID YOU KNOW.....

- **Ninety percent** of smokers started before they reached the age of 18?
- **People exposed** to second-hand smoke are at risk for getting the same illnesses and complications as those who smoke cigarettes?
- **Most e-cigarette users** also smoke conventional tobacco products.
- **URMC research study** indicates e-cigarettes are equally as harmful to oral health as traditional cigarettes.

\$20	\$20	\$20	\$20
\$20	\$20	\$20	\$20
\$20	\$20	\$20	\$20
\$20	\$20	\$20	\$20
\$20	\$20	\$20	\$20

2 MONTHS

OF NOT BUYING CIGARETTES  
COULD SAVE YOU NEARLY

\$400

### CONTACT US:

Thomas Della Porta, MS Project Manager, Center for a Tobacco-Free Finger Lakes  
[Thomas\\_dellaporta@urmc.rochester.edu](mailto:Thomas_dellaporta@urmc.rochester.edu) Phone: (585) 275-0598 Fax: (585) 424-1469