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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.

QUIT SMOKING FOR YOUR MONDAY RESOLUTION!

New Year's Resolutions come only once a year, but a *Monday Resolution* gives you 52 chances a year to stay on track. Get started now:

1  WRITE DOWN YOUR RESOLUTION.	2  PLEDGE AND PLAN TO QUIT.
3  PICK A 'QUIT BUDDY' TO HELP.	4  TOSS OUT SMOKING ACCESSORIES.
5  PREPARE FOR CRAVINGS WITH GUM AND MINTS.	6  CELEBRATE NEW YEAR'S AND A NEW YOU!

Make 2017 the year you quit for good with a Monday Resolution!

January 2017 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.

DID YOU KNOW...

- * Tobacco is addictive and harms almost every organ in the body.
- * Smoking causes about 90% of all lung cancer deaths in both men and women.
- * Smoking is a cause of type 2 diabetes mellitus and can make diabetes harder to control.

Common Withdrawal Symptoms for Tobacco Users When Quitting

Negative Emotions such as irritability, anxiety, anger and nervousness.

- Quitting smoking is hard and may require numerous attempts.
- People who stop smoking often start again because of withdrawal symptoms, stress, and weight gain.
- Deep breathing is a natural way to relieve stress but it takes practice.

Feeling hungrier than usual. Ways to minimize weight gain can include:

- Drinking water.
- Eating foods low in calories like fresh veggies.
- Walking, dancing or any other activity to burn extra calories.
- Keeping hands busy to let the urge to eat pass.



CONTACT US:

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