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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.

### Diabetes and Tobacco

People who smoke a pack or more per day almost double their risk for diabetes compared to those who don't smoke.

Smoking contributes to poor circulation, impaired wound healing and nerve damage.

Many cigarettes and tobacco products contain sugar and sodium to sweeten their flavor, making blood sugar levels harder to manage.

**NOT SMOKING IS ONE OF THE BEST THINGS DIABETICS CAN DO TO CONTROL BLOOD SUGAR AND LOWER THE RISK OF DIABETIC COMPLICATIONS.**

# April 2017 Newsletter

## Center for a Tobacco-Free Finger Lakes (CTFFL)

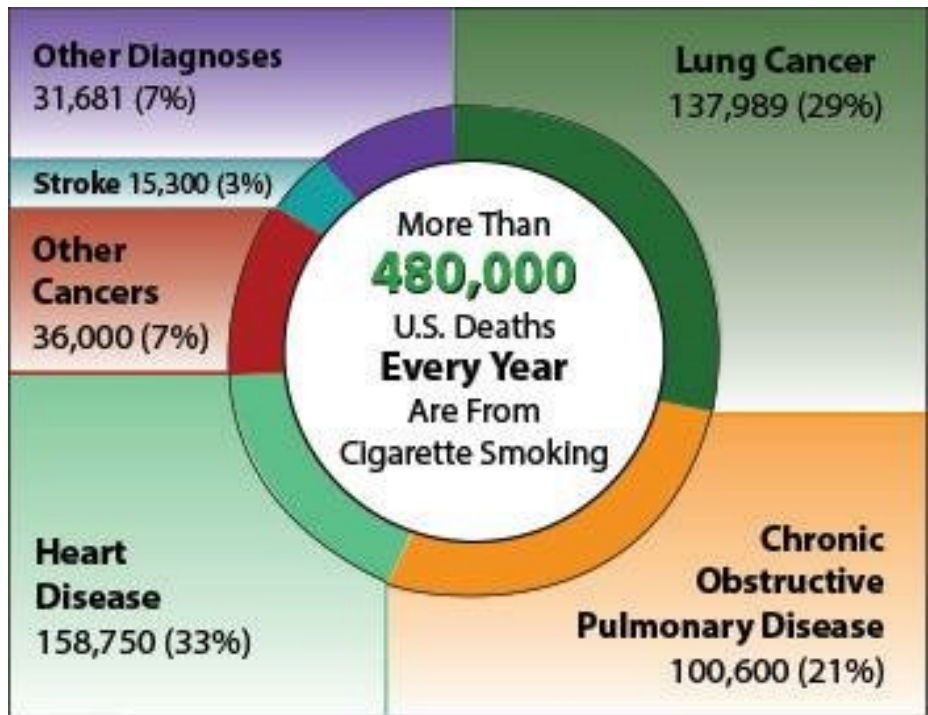
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## In the news

Legislation has been proposed for NY State that would ban coupons and promotional offers for tobacco and vaping products.

Medicaid has expanded the NRT benefits for all Medicaid patients who use tobacco.

### Did you know...?



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