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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.

Ways to fight the cravings of nicotine withdrawal:

- \* Brush your teeth.
- \* Take a brisk walk.
- \* Walk a dog.
- \* Take a nap.
- \* Read or watch something funny.
- \* Read a book.
- \* Hug someone.
- \* Write in a journal.
- \* Meditate.
- \* Go swimming.
- \* Take a bath.
- \* Have a glass of water.
- \* Count the money you save from not smoking.
- \* Go for a hike.
- \* Go window shopping.
- \* Call a friend.
- \* Work in your garden or yard.

## July 2017 Newsletter

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

(funded by NYSDOH, Bureau of Tobacco Control)

## In the news

The NY State Legislature has passed a bill that adds E-cigarettes to the “Indoor Clean Air Act.” The bill, which is currently awaiting Governor Cuomo’s signature, would ban the use of e-cigarettes wherever combustible tobacco products are banned.

### **The Dangers of Dip (Smokeless Tobacco)**

- Smokeless tobacco contains arsenic (it is used to kill rats) and 30 other cancer causing chemicals.
- It can cause cancer of the mouth.
- It can cause the roots of your teeth to decay.
- Using Dip can cause pancreatic cancer.



### **Ditch Dip for Good**

- Know your triggers.
- Have a plan to get through the cravings.
- Mood changes are common after you quit . They should pass.
- Get support from family, friends, your doctor and the NY State Smokers’ Quitline at: “866-697-8487”, or [nysmokefree.com](http://nysmokefree.com)
- Focus on one day at a time and keep trying.

***Quitting Dip is hard but it’s one of the best things you can do for your health.***

For more information or to schedule a CTFFL training, contact:

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If you no longer wish to receive our newsletters or if you have suggestions for content that better meets your needs, please contact us at [connie\\_bottoni@urmc.rochester.edu](mailto:connie_bottoni@urmc.rochester.edu).

**Referrals to the NY State Smokers’ Quitline provide free and confidential assistance to help tobacco users quit smoking.**

**Call (866) 697-8487 or visit [www.nysmokefree.com](http://www.nysmokefree.com)**