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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.

August 2017 Newsletter

Center for a Tobacco-Free Finger Lakes (CTFFL)

(funded by NYSDOH, Bureau of Tobacco Control)

Babies whose mothers smoke while pregnant or who are exposed to secondhand smoke after birth have weaker lungs than other babies, increasing their risk for many health problems.



QUIT TIP

MINI-QUIT: PRACTICE MAKES PERFECT

Practice quitting by not smoking during daily activities when you normally would. Build up your resolve for a full quit.

#quitmonday

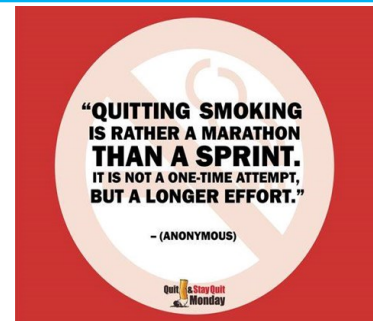
Quit & Stay Quit Monday
QUITMONDAY.ORG

Barriers to quitting for Substance Use Disorder (SUD) Individuals:

- Concern about withdrawal symptoms.
- Concern about the ability to cope with negative emotions.
- Concerns about the effects quitting will have on their other SUD recovery.

Addressing these concerns:

- Explore ways to deal with withdrawal symptoms, (using the patch, gum, lozenges, Chantex, bupropion or Zyban)
- Develop a plan for dealing with negative emotions (exercise, deep breathing, talking to someone about the emotions, etc.).
- Educate and support SUD individuals in their recovery. Research shows that many times SUD recovery is more effective & sustainable when not smoking.



If you're a smoker and ready to quit:

- ◆ *Talk to your doctor*
- ◆ *Contact the NY State Smokers' Quitline for help:*

1 (866) NY Quits or visit www.nysmokefree.com

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

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