



September 2017 Newsletter

Center for a Tobacco-Free Finger Lakes (CTFFL)

(Funded by NYSDOH, Bureau of Tobacco Control)

Serving: Chemung, Livingston, Monroe, Ontario, Seneca,
Schuyler, Steuben, Wayne and Yates counties

Our Goal: Working with Medical Health Systems and Mental Health Systems to establish sustainable tobacco control.

Build Your Quit Plan

Set a quit date.

Circle the date on your calendar as a reminder of your decision.

Tell your family and friends about your decision and ask them to support you.

Think about previous quit attempts (what worked, what led you back to smoking, etc.).

Talk to your doctor about medications to help with cravings.

Make a list of your reasons for quitting and post it where you can review it often.

Remove all reminders of smoking (cigarettes, ashtrays, lighters and matches).

Identify your smoking triggers.

Develop coping strategies.

Have places you can turn to for immediate help.

Relapse is part of the quitting process. Don't give up, KEEP TRYING!

For additional support contact the NY State Smokers' Quitline at 866-NYQuits (866-697-8487) or on line at www.nysmokefree.com.



E-cigarettes, The Science...what we know

https://www.health.ny.gov/prevention/tobacco_control/campaign/e-cigarettes/

E-cigarettes are still being studied but here is what we know so far:

- E-cigarette liquid typically contains nicotine. Nicotine:
 - is highly addictive
 - is harmful to adolescent and young adult developing brains
 - can prime young brains for addiction to other drugs, such as cocaine and methamphetamine and
 - can lead to lower impulse control, mood disorders and disruption of attention and learning
- E-Cigarette liquid with or without nicotine is dangerous because the emission from an e-cigarette can contain:
 - fine and ultrafine toxic particles, which can increase the risk of heart disease, lung cancer and asthma attacks, and interfere with the growth and work of the lungs¹
 - heavy metals such as lead, tin and nickel¹ and copper²
 - chemicals used for flavoring such as diacetyl that can cause a serious lung disease commonly known as "popcorn lung"¹ and
 - volatile organic compounds (VOCs), which can cause long-term health effects including cancer
- Many of the chemicals found in cigarette smoke are found in the aerosol or emission, including:
 - Formaldehyde, which is also found in embalming fluid
 - Cadmium, a chemical found in batteries
 - Benzene, found in gasoline and
 - Toluene, an industrial solvent"

"Studies show that youth who vape are more likely to smoke cigarettes than those who don't vape."



For more information about e-cigarettes and vaping, visit [Know the Risks – E-cigarettes & Young People](#).

1. U.S. Department of Health and Human Services. [E-Cigarette Use Among Youth and Young Adults. A Report of the Surgeon General](#). Atlanta, GA: U.S. Department of Health and Human Services, Centers for disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office of Smoking and Health, 2016

2. Lerner CA, Sundar IK, Watson RM, Elder A, Jones R, Done D, Kurtzman R, Ossip DJ, Robinson R, McIntosh S, & Rahman I (2015). Environmental Health Hazards of e-Cigarettes and their Components: Oxidants and Copper in e-Cigarette Aerosols. [Environmental Pollution](#) (198):100-107. Available at: <http://www.sciencedirect.com/science/article/pii/S0269749114005338>

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

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