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November 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.

In The News!

New York State Bans Vaping Anywhere Cigarettes Are Prohibited

A 2016 study by the [New York State Department of Health](#) showed that 20 percent of children had tried the products, double from just two years prior.

In July, NY State banned e-cigs from all school grounds.

Gov. Andrew M. Cuomo on Monday, October 23, 2017, signed a bill to ban vaping anywhere cigarettes are already prohibited, like workplaces, restaurants and bars.

For more details: read the NY Times article at
<https://www.nytimes.com/2017/10/23/nyregion/new-york-bans-vaping-ecigs-bars-restaurants.html>

Tobacco Free Tips

>Drink a lot of water and non-sugary drinks.

>When driving, put your cigarettes in the trunk and drive a different route to your destination.

>If you have the urge to smoke remember the five D's: Delay, Drink Water, Deep Breath, Discuss and Do Something Else.

>If you drink coffee and smoke, hold your cup in the hand where you used to hold a cigarette



1. Talk to your doctor and make a quit plan.
2. Ask your doctor for a prescription for stop smoking medication to help with nicotine cravings.
3. Set a firm quit date within the next 30 days.
4. Gather a support system (friends, family, co-workers, etc.) and ask for their positive support while you're quitting.
5. Contact the NY State Smokers' Quitline for additional support and a free starter kit for those who qualify. Contact them at 1-866-697-8487 or visit their website at www.nysmokefree.com.
6. Write down your reasons for quitting and keep it handy when the going gets rough.
7. Write down your favorite times to smoke. These are called triggers.
8. Write down ways to fight the urges (chew gum, go for a walk, call a friend, keep your hands busy, brush your teeth or anything else you can think of.)
9. Make your car and home tobacco free.
10. Remove ash trays, lighters, left over cigarettes to remove temptations and the smell of smoking.

Healthcare Providers: talk to your patients about quitting smoking and encourage them to try, try again!

Want to help your patients quit their tobacco use? Utilizing the 5As can help. At every visit....

1. **Ask** about their tobacco use
2. **Advise** them to Quit
3. **Assess** for willingness to quit
4. **Assist** in a quit attempt
5. **Arrange** for follow-up

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

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Tobacco Users and Providers can contact the NY State Smokers' Quitline or visit their website for support and resources.
1-866-697-8487 or their website www.nysmokefree.com.