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December 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!

Starting November 26, 2017, tobacco companies must run court-ordered TV and newspaper ads that tell the truth about the dangers of smoking and secondhand smoke. Why? Because in 2006 a federal court judge ruled that they knowingly engaged in a decades-long conspiracy to deceive the American people.

CTFFL HAS A NEW WEBSITE

See our new website with provider resources and training modules related to addressing nicotine addiction with your clients/patients.
www.smokingresearch.urmc.edu

HEALTH RISKS OF SMOKING

Cardiovascular Disease	Hypertension, stroke, heart disease, peripheral vascular disease
Respiratory Disease	COPD, emphysema, chronic bronchitis, asthma attack
Cancer	Bladder, blood, cervix, colon, esophagus, kidney, larynx, liver, oropharynx, pancreas, stomach, lung
Oral Hygiene	Bad breath, stained teeth, gum disease, oral cancer
Pregnancy	Infertility, preterm, stillbirth, low birth weight, SIDS, ectopic pregnancy, orofacial clefts

“The 5 R’s is an effective strategy for helping smokers who are not ready to quit and can help to enhance motivation to change” (Fiore et al., 2008).

Relevance

Encourage the patient to indicate why quitting is personally relevant, being as specific as possible.

Risks

The clinician should ask the patient to identify potential negative consequences of tobacco use. The clinician may suggest and highlight those that seem most relevant to the patient. Examples of risks could include acute, long-term, and environmental.

Rewards

The clinician should ask the patient to identify potential benefits of stopping tobacco use. The clinician may suggest and highlight those that seem most relevant to the patient.

Roadblocks

The clinician should ask the patient to identify barriers or impediments to quitting and provide treatment (problem solving counseling, medication) that could address barriers.

Repetition

The motivational intervention should be repeated every time an unmotivated patient visits the clinic setting. Tobacco users who have failed in previous quit attempts should be told that most people make repeated quit attempts before they are successful.

Save the date for “Synergy II” Webinar

Friday, February 9, 2018 from 8:30AM to 11:30AM

(Watch your in-box and next month’s newsletter for dial in information.)

Sponsored by: University of Rochester Medical Center & Roswell Park Cancer Institute

Intended Audience: Medical and Behavioral Health Professionals Who Want to Address Tobacco Use in Their Patient Populations

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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.