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March 2018 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.

Contact Connie Bottoni at connie_bottoni@urmc.rochester.edu if you wish to receive this monthly newsletter.

Did you know the NY State
Smokers' Quitline's Website
has resources for providers
AND clients?

Here are just a few:



[Downloadable Fact Sheets](#)



[Savings Calculator](#)

To see more resources visit:

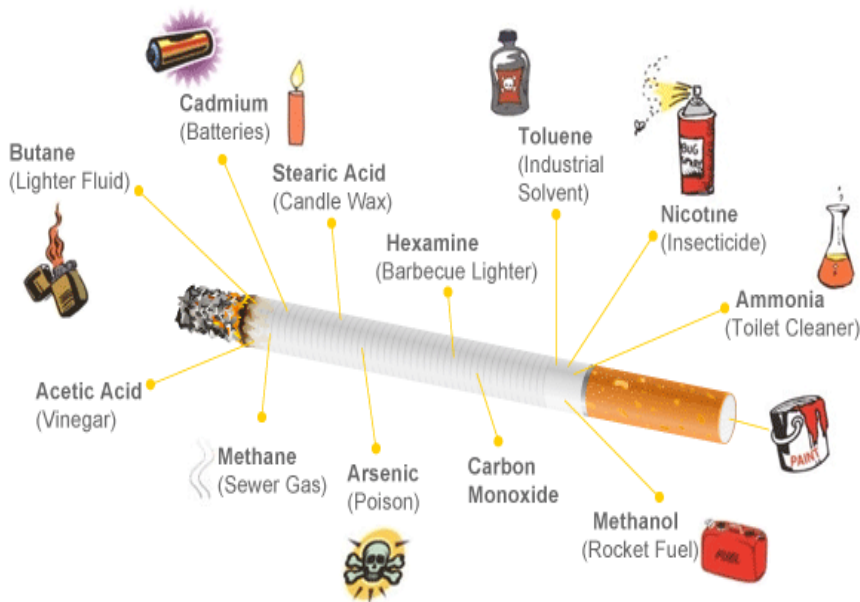
WWW.NYSMOKEFREE.COM

CTFFL HAS A NEW WEBSITE

You'll find provider resources and training modules related to addressing nicotine addiction with your clients/patients.

www.smokingresearch.urmc.edu

What's in a cigarette?



There are over **7,000** chemicals in a cigarette.
The picture above shows just a few of them.

Additional facts discovered through clinical research

- Nicotine is one of the most addictive substances we know.
- It is used as a natural insecticide in agriculture.
- Ammonia speeds the delivery of nicotine to the brain, thus making it even more addictive.
- Over 40 of the chemicals found in cigarettes are known to cause cancer.

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.