

Follow us on Facebook & Twitter
for current tobacco related news@
<https://www.facebook.com/GRATCCOnline>
Visit our website: www.smokingresearch.urmc.edu



March 2019 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 & Yates counties*

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

For resources and archived newsletters visit our website at www.smokingresearch.urmc.edu

Break Loose From Nicotine Addiction

Delay: The urge to smoke will pass.

Discuss: Talk about it, get support.

Drink: Water fights cravings.

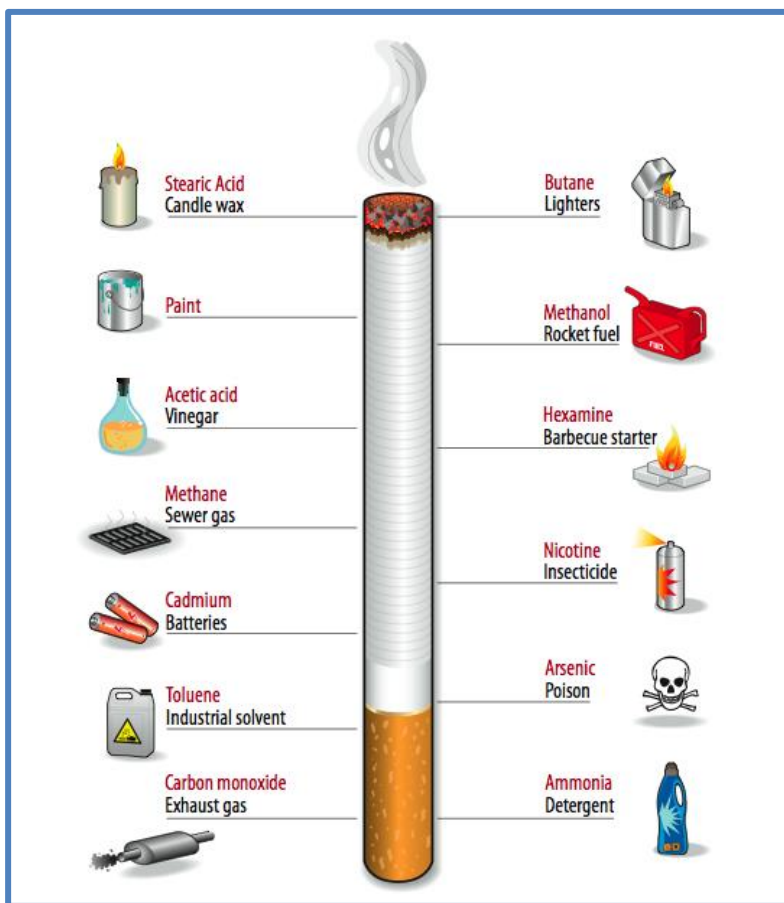
Do Something Else: Get busy.

THIS MONTH'S NEWSLETTER HAS INFORMATION YOU CAN SHARE WITH YOUR CLIENTS TO HELP THEM QUIT THEIR TOBACCO USE.

Quit Tips

- Throw out cigarettes, lighters and ashtrays.
- Carry a list of why you want to stop.
- Reward yourself for not smoking.
- Slip up? Forget it and try again & don't give up.
- Move your body.

There are over 7,000 chemicals in a cigarette.



Tobacco smoke hurts pets. They can develop respiratory infections, lung inflammation or asthma from breathing in secondhand smoke.

NO SMOKING



Taking the first step...

Ask yourself these questions and decide what is most important for you and your health...

1. What do I like about smoking?
2. What concerns me about continuing to smoke?
3. What are my concerns about quitting?
4. How will my life be better when I quit?

For more information or to schedule a CTFFL tobacco intervention training, contact:
Thomas Della Porta, PhD, Project Manager, Center for a Tobacco-Free Finger Lakes
Thomas_dellaporta@urmc.rochester.edu Phone: (585) 275-0598 Fax: (585) 424-1469

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.