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July 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
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FACT OR FICTION?

The best way to quit is “cold turkey.”

FICTION!

There is no one way to quit smoking but cold turkey doesn't work for most people. Making a plan before making a quit attempt can be more effective.

Over-the-counter nicotine replacement therapy products and prescription medications can help minimize the withdrawal symptoms and cravings when trying to quit.

Counseling can help the tobacco user to make behavior changes which can recondition the brain to living without cigarettes.



“Cold Turkey”

VS



“Making a Plan”

Do you know the signs of nicotine withdrawal?

The psychological symptoms of nicotine withdrawal include:

- a strong desire or craving for nicotine
- irritability or frustration
- low mood
- difficulty concentrating
- anxiety
- mood swings

People may also experience the following physical symptoms of nicotine withdrawal:

- headaches
- sweating
- restlessness
- tremors
- difficulty sleeping
- waking at night
- increased appetite
- abdominal cramps
- digestive issues, including constipation
- difficulty concentrating

Enforcing Your Tobacco Free Policy. How's it going?

- Ensure all staff, visitors & clients are aware of tobacco free procedures & protocols.
- Maintain Staff Buy-In. Talk about tobacco policy efforts at weekly meetings.
- Deal with violations the same as you would with already existing policy violations.
- Create & practice “enforcement scripts” that are non-confrontational in weekly staff meetings.
- Use violations as an opportunity to provide an intervention vs using “tobacco police” language.
- It's everyone's responsibility to enforce Tobacco-Free Policies.
- Staff violations are an HR issue.
- Visitor and Client violations can be a teaching opportunity.



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.