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January 2020 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.

The Connection between Mental Illness and Smoking

- Psychologically, all addictions soothe cravings.
- Smoking can be part of a social norm.
- Research shows that people living with mental illness do not have worse mental illness symptoms after they quit.
- There are immediate and long-term benefits to quitting smoking.
- To quit permanently, those with mental illness may need to rely on more than one method at a time. Methods may include:
 - Step-by-step manuals.
 - Phone support.
 - Self-help classes
 - Group or individual counseling
 - Nicotine replacement therapies (NRT) and/or prescription medications.
 - Gradually cutting back the number of cigarettes.
 - Lots of practice and support in changing behaviors.
 - Exploring feelings and thoughts about their relationship with tobacco.
 - Encouragement to keep trying.
 - Celebrations of all successes no matter how small.

Exposure to secondhand smoke can irritate the lungs and can cause:

- **Respiratory illnesses**
- **Breathing difficulties**
- **Cough**
- **Chest congestion (phlegm)**
- **Wheezing**
- **Shortness of breath**
- **Decreased lung function**

Pledge to make both your home and car smoke-free areas to reduce second hand smoke exposure.



Welcome and thanks for not smoking.



Third Hand Smoke

Residue left from cigarette/vaping smoke. Settles on all surfaces (hair, clothes, furniture, drapes, car surfaces, etc.)

Thirdhand smoke clings to clothes, furniture, drapes, walls, bedding, carpets, dust, vehicles and other surfaces long after smoking has stopped. The residue from thirdhand smoke builds up on surfaces over time.

Thirdhand smoke can't be eliminated by airing out rooms, opening windows, using fans or air conditioners, or confining smoking to only certain areas of a home.

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 at: 1-866-697-8487 or their website www.nysmokefree.com.