



## Center for a Tobacco-Free Finger Lakes

# The "Treat Nicotine Newsletter"

November 2021

*Partnering with these Counties: Cayuga, Chemung, Livingston, Monroe, Ontario, Schuyler, Seneca, Steuben, Tompkins, Wayne & Yates*

### RESOURCES

#### NYS smokers Quitline

Quit Coach Access and  
Free Nicotine Patches/Gum  
Call: 1-866-697-8487

[nysmokefree.com](https://nysmokefree.com)

**The Check-Up**, a brief:

<https://tinyurl.com/thecheckup>

#### NYS Medicaid Tobacco Cessation Coverage

**Fully Covers** Counseling & Meds

- Chantix (Varenicline Tartrate)
- Zyban (Bupropion

Hydrochloride)

- Nicotine Replacement Therapy

For More Info: [Health.Ny.Gov](https://Health.Ny.Gov)

#### NY Statshot

Total tobacco use among NYS HS students down but remains high at 26%. Go to:

<https://tinyurl.com/statshot>

#### Clinician Training

For nicotine treatment training:

<https://tinyurl.com/treatnicotine>

#### Contact us

Phone: 585-802-9944

[Treatnicotine@urmc.rochester.edu](mailto:Treatnicotine@urmc.rochester.edu)

Facebook: GRATCCOnline

## NOV 18! Great American Smoke Out!

### Patient resources for planning a quit day:

Please encourage your patients to quit smoking for 24 hours for the Great American Smoke Out on November 18, 2021. Research shows that quitting for 24 hours doubles your chances of permanent success!



#### Use the 4 D's to help fight the urge!

- **Delay** for 10 minutes. Repeat if needed
- **Deep breaths.** Picture your lungs filling with clean air
- **Drink water** slowly. Sip by sip.
- **Do something else.**

<https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html>

## Lung Cancer Awareness Month

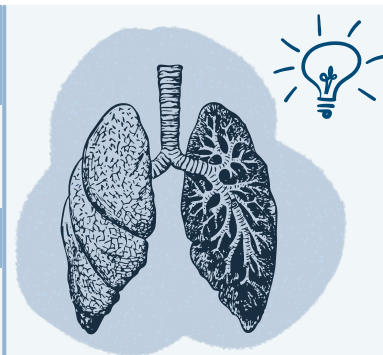
### LUNG FORCE EXPO: DEC 8, 2021

### EARLY BIRD REGISTRATION: NOV 8

Learn about the latest trends in research, treatments and recommendations for lung cancer  
For more information, visit: [LUNFORCE.org/Expo](https://LUNFORCE.org/Expo)

### LUNG CANCER SCREENING:

Refer your patients to [lungscreen.health/web/NY](https://lungscreen.health/web/NY) to learn about risks for lung cancer, the screening process, where they can get screening, and more!



## NYS Quitline Referrals

Quitline referrals for our 11 counties from January-October 2021 totaled 1423, followed by 69 referrals from October-November totaling 1,492 referrals.

**Well Done, Health Systems!**

