



## Center for a Tobacco-Free Finger Lakes

# The "Treat Nicotine Newsletter"

## May 2022

*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  
Visit The Check-Up:  
<https://tinyurl.com/thecheckup>

#### NYS Medicaid Tobacco Cessation Coverage

**Fully Covers** Counseling & Meds  
▪ Chantix (Varenicline Tartrate)  
▪ Wellbutrin XR (Bupropion)  
▪ Nicotine Replacement Therapy  
For More Info: Health.Ny.Gov

#### Nicotine Training for Medical & Dental staff

<https://tinyurl.com/treatnicotine>

#### Meet Ryan Mulhern

Ryan joins us from Wayne County Public Health Department, where for 11 years he was the Health Educator, in charge of several programs and community health prevention efforts, including being a nicotine cessation counselor.

#### Contact us

Phone: 585-802-9944  
[Treatnicotine@urmc.rochester.edu](mailto:Treatnicotine@urmc.rochester.edu)  
Facebook: GRATCCOnline



#### THE GREAT STATE UPDATE: EFFECTIVE PARTNERSHIPS TO TREAT TOBACCO ADDICTION IN BEHAVIORAL HEALTH SETTINGS

Join us for a fantastic webinar: "Effective Partnerships to Treat Tobacco Addiction in Behavioral Health Settings"

Thu, May 26, 2022 2:00 PM EDT.

Visit: <https://tinyurl.com/treat-tobacco>

#### "BREATHE EASY: HOW A SMOKE-FREE RECOVERY CAN LOWER YOUR RISK OF RELAPSE"

According to a recent study, cigarette use during recovery increases the likelihood of experiencing a relapse. For the April Family Forum, they examine the link between cigarette smoking and relapse rates; explore the tobacco industry's role in creating addiction; and provide guidance on how to quit smoking safely and affordably. And, while most Substance Use Disorder programs do not address tobacco use, revealing why long-term treatment outcomes are better for those who quit smoking.

Read & Watch at <https://tinyurl.com/tobacco-research>

#### STUDY FINDS LINK BETWEEN CHILDHOOD LEAD EXPOSURE AND MENTAL ILLNESS

Exposure to lead at a young age may lead to mental illness, according to a new study.  
The study, which followed 579 people in New Zealand for more than 30 years starting from age 3, found an association between exposure to lead and mental illness including phobia, depression, mania, and schizophrenia.

Read at <https://tinyurl.com/childhood-mental>





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### DATES TO REMEMBER

**May 15th -**

No Menthol Sunday

**May 26th (Webinar) -**

"Effective Partnerships to Treat Tobacco Addiction in Behavioral Health Settings"

**May 31st -**

World No Tobacco Day

**May (Month) -**

Mental Health Month

**May (Month) -**

High Blood Pressure Month

**June 14th (Webinar) -**

When Quitting Adds Up: Tobacco Cessation and Quality Measures

<https://app.webinar.net/yvo8na8PQD4>

### NYS Quitline Referrals

Quitline referrals for our 11 counties from January - April 2022 totaled 1,913 followed by 80 referrals from May 1st to date in 2022 totaling 1,993 referrals.

**Well Done, Health Systems!**



### University of Rochester Medical Consultant weighs in on possible menthol ban

Public health groups have been calling for an end to flavors in cigarettes but menthol has long been one that federal regulators have exempted from flavor bans.

Since the 1960s," added Dr. Krystalyn Bates, medical consultant with the Center for Tobacco-Free Finger Lakes, "tobacco companies have been specifically targeting young black men and women, with their mentholated products, and it worked."

For more information: <https://tinyurl.com/menthol-ban>

As seen on News 10 Rochester on April 28th!

### ORGANIZATIONS URGE LAWMAKERS TO REGULATE SYNTHETIC NICOTINE PRODUCTS

In a letter to Congress, 62 public health organizations have urgently called for FDA regulation of synthetic nicotine use. Citing the prevalence of youth e-cigarette use, they have outlined the consequences of letting synthetic nicotine go unregulated, naming it a public health epidemic.

Read more at <https://tinyurl.com/organizations-urge>