



# Treat Nicotine

## Center for a Tobacco-Free Finger Lakes

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

Contact us: Phone: 585-276-7223 | Click for [Website](#) or [Facebook](#)

### CYTISINICLINE FOR SMOKING CESSATION: A RANDOMIZED CLINICAL TRIAL

**Question:** Is cytisinicline an effective and safe pharmacotherapy to promote smoking cessation?

**Findings:** In a randomized clinical trial that included 810 adults who smoked, both a 6-week and a 12-week course of a novel cytisinicline dosing regimen were more effective than placebo and were well tolerated, producing significantly higher continuous smoking abstinence rates compared with placebo during the last 4 weeks of drug treatment and from the end of treatment to 24 weeks.

**Meaning:** Both 6- and 12-week cytisinicline schedules, with behavioral support, demonstrated smoking cessation efficacy and excellent tolerability, offering a new nicotine dependence treatment option.

[FULL STUDY CAN BE READ HERE](#)

### WEBINARS AND IMPORTANT DATES

#### "Policy Approaches to Alcohol and Cancer Prevention"

Tue, July 18th, 1 PM (EST)

[REGISTER HERE](#)

#### Supporting Patients with Disabilities in Becoming Tobacco-Free (pre-recorded/CE's available!)

[WATCH HERE](#)

#### "Addressing Tobacco and Nicotine Use by Youth and Young Adults"

Pre-recorded [WATCH HERE](#)

### A CALL TO ELIMINATE GEOGRAPHIC SMOKING DISPARITIES IN THE U.S.

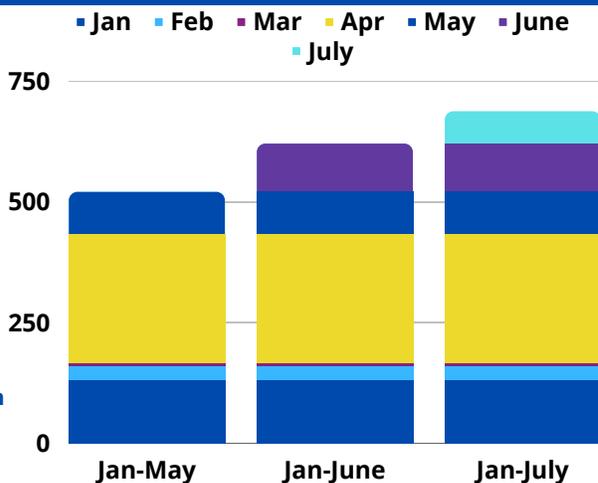
Smoking prevalence is nearly 50% higher in a group of specific states compared to the rest of the country, according to latest analysis of U.S. states. In 12 states – a region we call "Tobacco Nation" that spans Alabama, Arkansas, Indiana, Kentucky, Louisiana, Michigan, Mississippi, Missouri, Ohio, Oklahoma, Tennessee, and West Virginia – both adults (19.2% vs. 13%) and young adults (11.2% vs. 7.6%) have 50% higher smoking prevalence and smoke many more cigarettes per capita annually than people living in other states (on average, 53 vs. 29 packs). That means a smoker living in Tobacco Nation could smoke nearly 500 more cigarettes per year than the average smoker in the rest of the U.S.

Learn more here >>> [Truth Initiative: Tobacco Nation](#)

### NYS Smokers' Quitline Referrals

Provider Referrals Increase Quit Success!

Contact us to learn how to use the online referral portal for the Quitline!



[www.nysmokefree.com/HealthcareProviders/ReferralPrograms](http://www.nysmokefree.com/HealthcareProviders/ReferralPrograms)

Free Nicotine Patches/Gum Call: 1-866-697-8487

Visit: [nysmokefree.com](http://nysmokefree.com)

### COMMIT TO QUIT PROGRAM: STARTING JULY 20TH

Quitting or decreasing how much your patients smoke/vape can have many benefits—improving their health, increasing their longevity, and helping them spend less money.

The next free "Commit to Quit!" program starts at 4 p.m. **Thursday, July 20!** They can meet virtually with people who have similar health goals and gain valuable information from certified nicotine cessation experts. The program is based on four pillars – Awareness, Support, Planning, and Goals.

[Learn More and REGISTER TODAY](#)