



# 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](#)

## STUDY: MARIJUANA USERS FOUND TO HAVE HIGHER LEVELS OF TOXIC METALS IN BLOOD AND URINE

Marijuana smokers may unknowingly be consuming heavy metals, a new study shows. Heavy metals accumulate in the body and have been linked to a host of health issues including cancer, cognitive impairment, and heart disease.

Irfan Rahman, PhD, director of Flavor Inhalation Toxicology Research at the University of Rochester Medical Center told Health that while the gut contains enzymes that can help the body get rid of heavy metals (particularly lead), the lungs don't have the same system in place.

On top of this, the logistics of vaping could add another aspect of heavy metal exposure for marijuana users.

You can read more about this here: -----> [Provider Info HERE](#)

## WEBINARS AND IMPORTANT DATES

### “Reaching Low-Income Smokers: Collaboration with 211”

Wednesday, November 1, 2023, at 2:00 pm EDT (60 minutes)

1 hour of FREE Credit

[REGISTER HERE](#)

### Orleans County Vaping Summit

IN PERSON: October 17th

6-7:30pm

[INFORMATION HERE](#)

### Environmental Impacts of E-Cigarettes: PRE-RECORDED

Center for Tobacco Independence, Maine

Watch anytime.

[REGISTER HERE](#)

## GREAT AMERICAN SMOKE OUT IS A FANTASTIC TIME TO TALK TO PATIENTS ABOUT QUITTING

Quitting smoking isn't easy. It takes time. And a plan. Your patients don't have to stop smoking in one day. Start with day one. Talk to your patients now about the Great American Smoke Out on November 16th as a day for patients to start a journey toward a smoke-free life.

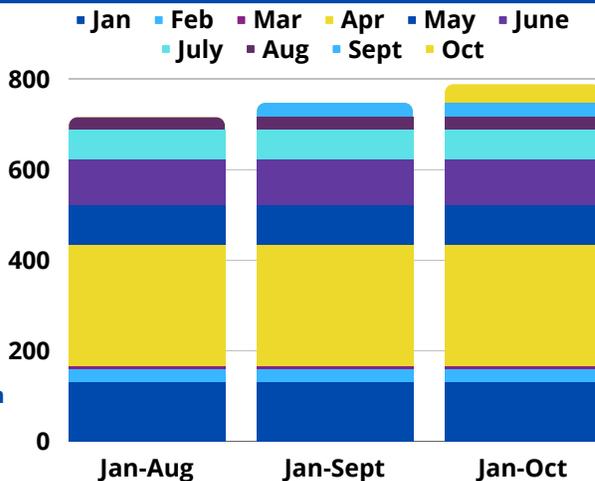
Contact us for resources on how to screen and intervene for tobacco use!

[MORE INFO ABOUT GASO HERE](#)

## 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)

## LGBTQ UTILIZATION OF A STATEWIDE TOBACCO QUITLINE: ENGAGEMENT AND QUITTING BEHAVIOR, 2010-2022

This study found that LGBTQ users engaged with and appeared to benefit from a statewide quitline with staff trained in LGBTQ cultural competence even though the quitline was not LGBTQ community-based.

This is promising for addressing the high prevalence of tobacco use in the LGBTQ community, especially among those individuals who identify as LGBTQ and live in rural areas where LGBTQ community-based cessation programs generally do not exist.

[MORE: Click here](#)