



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](#)

SEPTEMBER IS RECOVERY MONTH: WHY QUITTING SMOKING WHILE IN RECOVERY IS PREDICTIVE OF SUCCESS!

Many researchers have explored the connection between smoking and drug use, and the statistics show that there is a very strong correlation between these behaviors. The exact numbers vary among different surveys, but between 75% and 98% of people with SUD also use tobacco products, compared to only 16.8% of US adults, in general.

Quitting tobacco and other drugs at the same time may be beneficial since these behaviors seem to be intertwined with each other. Indeed, studies that specifically consider whether smoking affects the success or failure of drug treatment show that quitting tobacco can improve the chances of prolonged drug abstinence.

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

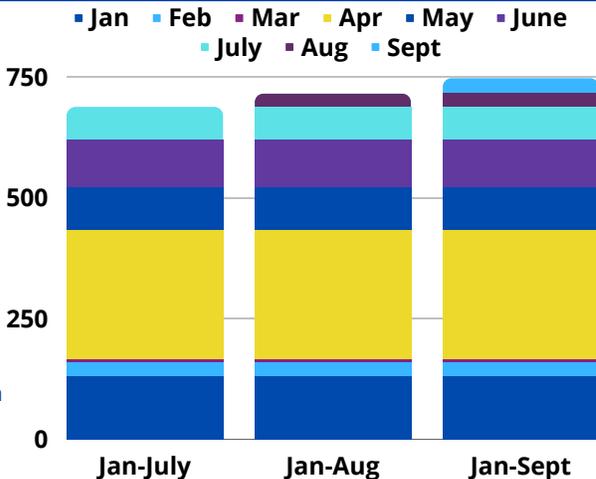
FDA FINALIZING BAN ON METHOL PRODUCTS: NEW TARGET "IN COMING OF MONTHS"

The US Food and Drug Administration says it still plans to finalize rules that would prohibit the sale of menthol cigarettes and flavored cigars this year. Flavors were banned in 2009, but after serious lobbying from the industry, menthol was left out of the ban. Many public health leaders say that regulations on the last flavor allowed in cigarettes can't come soon enough. More at the following link: [MORE 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

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

Visit: nysmokefree.com

WEBINARS AND IMPORTANT DATES

"No Filter: The Truth About Tobacco Product Waste in New York State"

The Public Health Law Center:

September 27th, 1pm
90 minutes

[REGISTER FREE HERE](#)

Health Literacy 101: What It Is, Why It's Important, and How to Incorporate it into Conversations About Tobacco & Nicotine Use.

Oct 18, 2023 11:30 AM.
1 CHES Credit Available

[REGISTER HERE](#)

Environmental Impacts of E-Cigarettes: PRE-RECORDED

Center for Tobacco Independence, Maine

Watch anytime.

[REGISTER HERE](#)

DEPRESSION RISK RISES IN INDIVIDUALS WHO USE BOTH MARIJUANA & TOBACCO

Using both tobacco and marijuana is tied to significantly higher odds for depression and anxiety, a new study suggests. Among nearly 54,000 U.S. adults, those who used both substances experienced anxiety or depression at nearly twice the rate of nonusers, researchers found.

"Smoking weed and tobacco does not help to deal with anxiety and depression, and may exacerbate mental health issues in the long run," said lead researcher [Nhung Nguyen](#), an assistant professor of medicine at the University of California, San Francisco.

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