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Our Goal: Working with Medical Health Systems and Mental Health Systems to establish sustainable tobacco control.

Serving Chemung, Livingston, Monroe, Ontario, Seneca, Schuyler, Steuben, Wayne and Yates counties.

# May 2016 Newsletter

## Center For A Tobacco-Free Finger Lakes (CTFFL)

### FDA takes significant steps to protect Americans from dangers of tobacco through new regulation

On May 5, 2016, the U.S. Food and Drug Administration finalized a rule extending its authority to all tobacco products, including e-cigarettes, cigars, hookah, tobacco and pipe tobacco, among others. The new provisions go into effect in 90 days. New regulations include:

- Not allowing products to be sold to persons under the age of 18 years (both in person and online).
- Requiring age verification by photo ID.
- Not allowing the selling of covered tobacco products in vending machines (unless in an adult-only facility).
- Not allowing the distribution of free samples.

#### Did You Know...

- Almost 2 million kids smoked their first cigar in the 2 years since the FDA first proposed to regulate cigars and e-cigarettes.

#### Did You Know...

- ◆ May 9th - 13th is National Women's Lung Health Week.
- ◆ Women smokers are 25.7 times more likely than women who never smoked to develop lung cancer.
- ◆ Each year, about 3,400 non-smoking adults die of lung cancer. cancer due to exposure to secondhand smoke.



"My life has really turned around since I quit eating cigarette butts."

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**KEEP DEBUNKING THE MYTHS**  
5 Prevailing Myths: **DEBUNKED**

<p><b>1</b> <b>MYTH:</b> Tobacco is a <b>necessary</b> self-medication for people with mental illness.</p> <p><b>FACT:</b> Not only is tobacco ineffective as a treatment for mental disorders, but psychiatric disease makes the brain <b>MORE SUSCEPTIBLE TO ADDICTION</b>.</p>	<p><b>3</b> <b>MYTH:</b> People with mental illness <b>cannot</b> quit smoking.</p> <p><b>FACT:</b> Randomized treatment trials and systematic reviews involving smokers with mental illness document that <b>SUCCESS IS POSSIBLE</b>.</p>
<p><b>2</b> <b>MYTH:</b> People with mental illness are <b>not interested</b> in quitting smoking.</p> <p><b>FACT:</b> Patients in outpatient and inpatient psychiatric settings are <b>ABOUT AS LIKELY</b> as the general population to want to quit smoking.</p>	<p><b>4</b> <b>MYTH:</b> Smoking is a coping strategy. Quitting <b>interferes with recovery</b> from mental illness and leads to decompensation.</p> <p><b>FACT:</b> Smoking cessation <b>DOES NOT EXACERBATE</b> depression or PTSD symptoms or lead to psychiatric hospitalization or increased use of alcohol or illicit drugs.</p>
<p><b>5</b> <b>MYTH:</b> Smoking is the <b>lowest priority</b> concern for patients with acute psychiatric symptoms.</p> <p><b>FACT:</b> People with psychiatric disorders are <b>FAR MORE LIKELY TO DIE FROM TOBACCO-RELATED DISEASES</b> than from mental illness.</p>	

Sources: Prochaska (2011); see also Apollonio & Malone (2006); Berg, Senti, Cooley, Engleman, & Chambers (2013); Chambers (2013).

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