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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.

What are the dangers of second-hand smoke exposure?

- ◆ Irritates the body's
airways making it
harder to breathe.
- ◆ Increases the risk for
heart disease,
respiratory illnesses,
and lung cancer.
- ◆ Children are more likely
to experience health
problems which include
more frequent and
severe asthma attacks,
respiratory infections,
ear infections, and sud-
den infant death syn-
drome (SIDS) accord-
ing to the Centers for
Disease Control and
Prevention.
- ◆ It causes over 8,000
deaths annually from
stroke.

June 2017 Newsletter

Center for a Tobacco-Free Finger Lakes (CTFFL)

**EVERY CIGARETTE DOES YOU DAMAGE.
TALK TO YOUR DOCTOR,
MAKE A QUIT PLAN, SET A QUIT DATE AND KEEP TRYING .
Contact the NY State Smokers' Quitline for additional support.**

Talking to patients/clients about quitting; Common Excuses:

Excuse: "My father lived until he was 85 and he smoked".

Answer: "The fact is that 2 out of 5 smokers die early because of smoking.

Excuse: "All the damage is already done".

Answer: "There are immediate benefits from the day you quit".

Excuse: "Smoking relaxes me".

Answer: "There are many healthier ways to relieve stress". Would you like to hear about some of them so that you can begin to practice"? (deep breathing, going for a walk, & calling a friend are some ideas).

June is National Healthy Homes Month

Living in a smoke-free environment is one of
the best things you can do for your health
and the health of your family.



For more information or to schedule a CTFFL training, contact:

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If you no longer wish to receive our newsletters or if you have suggestions for content that better meets your needs,
please contact us at connie_bottoni@umc.rochester.edu.

Referrals to the NY State Smokers' Quitline provide free and confidential assistance to help tobacco users quit smoking.

Call (866) 697-8487 or visit www.nysmokefree.com