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October 2017 Newsletter

Center for a Tobacco-Free Finger Lakes (CTFFL)

(Funded by NYSDOH, Bureau of Tobacco Control)

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

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

QUIT TIP

WHEN THE QUIT GETS ROUGH...

Get tougher! Support yourself with positive affirmations, like "I am stronger than this urge" or "I love feeling healthy." Then discover more positive self-talk at quitmonday.org/blog.



Quit & Stay Quit Monday
QUITMONDAY.ORG

Becoming nicotine free is hard work but you don't have to do it alone.



When the cravings hit, dance. Distracting yourself helps to get your mind off the urge and you'll get a great workout that's fun.



Telephone someone or call the Smokers' Quitline.
The Urge will pass and you'll get the support to stay strong.

9 Ways Tobacco Companies Make Cigarettes More Addictive, More Attractive to Kids and More Deadly

Bronchodilators

Added chemicals expand the lungs' airways, making it easier for tobacco smoke to pass into the lungs.

Increased Nicotine

Tobacco companies control the delivery and amount of nicotine to ensure addiction

Flavorings

Added flavors like licorice and chocolate mask the harshness of smoke and make products more appealing to new users, especially kids.

Tobacco-specific Nitrosamines

American-style cigarettes are made with blended tobacco that has much higher levels of cancer-causing nitrosamines.

Ammonia Compounds

Adding ammonia compounds increases the speed with which nicotine hits the brain.

Ventilated Filters

Ventilation holes in the filters cause smokers to inhale more vigorously, drawing carcinogens more deeply into the lungs.

Menthol

Menthol cools and numbs the throat to reduce irritation and make smoke feel smoother.

Sugars and Acetaldehyde

Added sugars make tobacco smoke easier to inhale and form acetaldehyde, which enhances nicotine's addictive effects.

Levulinic Acid

Added organic acid salts reduce harshness of nicotine and make smoke smoother, less irritating.



TobaccoFreeKids.org

For additional support contact the New York State Quitline at

1866-NYQuits (1-866-697-8487) or visit www.nysmokefree.com.

All Quitline resources and materials are free of charge.

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

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