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February 2018 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.

Contact Connie Bottoni at connie_bottoni@urmc.rochester.edu if you wish to receive this monthly newsletter.

DON'T LET THE WINTER BLUES DERAIL YOUR QUIT!

If feeling glum is one of your smoking triggers, lineup an upbeat distraction, like a walk outside or phone call to a friend.



CTFFL HAS A NEW WEBSITE

You'll find provider resources and training modules related to addressing nicotine addiction with your clients/patients.

www.smokingresearch.urmc.edu

Contact us if you have questions.

Advice For Tobacco Users

1. Make the decision to quit.
2. Set a "Quit Date" (write it down).
3. Make a promise to yourself to never smoke in your car or in your home. Don't let anyone else smoke there either.
4. Talk to your health care provider(s) about quitting.
5. Learn about stop smoking medications and decide what you'll try.
6. Get rid of all ashtrays, lighters and matches. Clean your car and home because the lingering smell can trigger the urge to light up.
7. Know your smoking triggers and plan how you will handle them.
8. Find someone who will support you through the process of quitting.
9. If you slip, get back on the nonsmoking track right away!
10. Celebrate your successes (both small and large) along the journey to a smoke free life!
11. View past quit attempts as practice for quitting. Nicotine dependence is an addiction.
12. Call the NY State Smokers Quitline for support at: 1-866-NYQuits (1-866-697-8487) or visit their website at www.nysmokefree.com.

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

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Tobacco Users and Providers can contact the NY State Smokers' Quitline or visit their website for support and resources.
1-866-697-8487 or their website www.nysmokefree.com.