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April 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 or stop receiving this monthly newsletter.



Symptoms of Nicotine Withdrawal

- Cravings
- Anxiety
- Increased hunger
- Headaches
- Feeling irritable and angry
- Having trouble thinking

Fight the cravings:

- Use approved cessation meds
- Call a friend
- Drink water
- Go for a walk
- Take some deep breaths
- Chew gum
- Brush your teeth
- Drive a different route
- Enjoy a healthy snack

Make your own list of ideas!

Why is quitting so hard? **NICOTINE!**

- Nicotine is a chemical in cigarettes that makes you addicted to smoking.
- The more you smoke, the more nicotine you need to feel normal.
- If your body doesn't get nicotine, you may feel uncomfortable and crave cigarettes.

This is called Withdrawal

FDA approved medications can help tame withdrawal symptoms. Talk to your medical or behavioral health provider for help.

"JUUL" Newest E-cigarette

SAVE THE DATE
Free Webinar: April 26, 2018 1PM EDT

Learn more about the latest trend in e-cigarettes "JUUL"



Contact
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for registration information

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.