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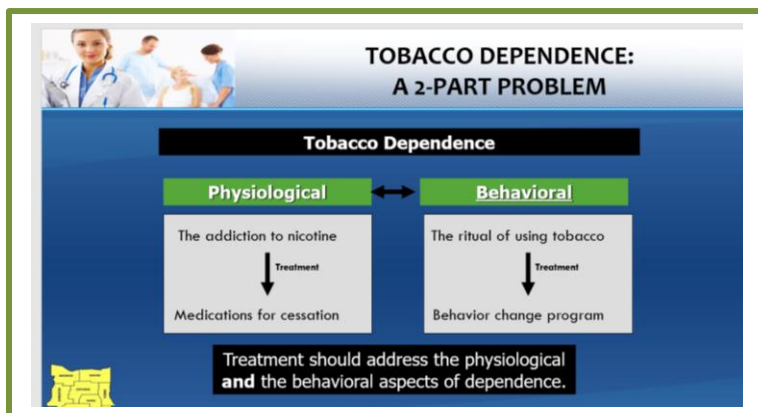
May 2018 Newsletter

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.



**Smoking even one
cigarette a day raises
risk for coronary
heart disease.**



Cravings? Use the **Five
D's** to let them pass...

- Delay
- Drink water
- Do something else
- Deep breathe
- Discuss your feelings

Providers, did you know...

- ❖ Half of your patients who smoke will die from tobacco-related diseases
- ❖ With HUD public housing going smoke-free, more patients may ask for help in quitting
- ❖ Providers have a vital role in helping their patients attain a tobacco-free life
- ❖ Providers can help their patients quit smoking by encouraging them to stop their tobacco use and by prescribing FDA approved medications for smoking cessation
- ❖ When providers treat their patients who smoke, long-term abstinence rates increase dramatically
- ❖ NYS Medicaid covers all seven FDA-approved smoking cessation medications and counseling. Coverage by private health plans and Medicare varies
- ❖ Nicotine addiction can be treated as a co-occurring addiction and addressed in the same manner as other addictions

For more details and resources: visit
the NY State Smokers' Quitline 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.