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August 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.

Health benefits for people with diabetes who quit smoking begin immediately and include having better control over blood sugar levels.



IMPORTANT NEWS FROM THE NYS SMOKERS' QUITLINE

The Quitline is currently giving two additional weeks of NRT (a total of 4 weeks **while supplies last**) to those who qualify. Clients ready to make a quit attempt can call or be referred to the Quitline (866-697-8487 or www.nysmokefree.com). Referred clients will receive a call from a Quitline coach and be screened to see if they are eligible for two weeks of NRT. **While supplies last** clients will receive a second screening call to see if they are eligible for an additional two weeks of NRT.

What's Your Motivation?

Make a list to help when you need motivation.



The risk for a heart attack drops sharply just 1 year after quitting.



The risk of having a low birth weight baby drops to normal when a woman stops smoking before pregnancy or during the first trimester.



Not smoking, helps protect family, friends, pets & coworkers from the health risks associated with breathing secondhand smoke.



Coughing & shortness of breath can decrease within a year of quitting.



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For more information or to schedule a CTFFL tobacco intervention training, contact:
Thomas Della Porta, MS Project Manager, Center for a Tobacco-Free Finger Lakes
Thomas_dellaporta@urmc.rochester.edu Phone: (585) 275-0598 Fax: (585) 424-1469

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.