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September 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.

Tobacco Product And Oral Health

Smokers are four times more likely to develop oral health issues than non-smokers. Health issues include:

- Gum Disease
- Tooth Discoloration
- Inflamed Salivary Glands
- Bad Breath
- Leukoplakia (white patches inside mouth)
- Oral Cancer
- Increased Plaque/Tartar
- Bone Loss in Jaw

Tobacco Free = Good Oral Health



Clients Not Ready To Set A Quit Date?

1. Identify potential negative consequences of using tobacco.
2. Identify benefits of quitting.
3. Highlight the most relevant reason they continue to smoke.
4. Have them identify the barriers to quitting.
5. Help them find ways to address barriers.
6. Let them know you are there to support them when they are ready to set a quit date.

Healthy Ways to Relieve Stress

1. Plan your time well.
2. Be realistic about what you can accomplish.
3. Think positively.
4. Make time for yourself.
5. Spend time with friends and family.
6. Learn some relaxation techniques.
7. Eat a healthy diet.
8. Get enough sleep.
9. Stay physically active.
10. Stop Smoking.



NY STATE SMOKERS' QUITLINE LAUNCHES ENHANCED WEBSITE

Redesigned nysmokefree.com features updated healthcare provider resources, new logo, increased visuals and Online News Room.

<https://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.