

Follow us on Facebook & Twitter  
for current tobacco related news@  
<https://www.facebook.com/GRATCCOnline>  
Visit our website: [www.smokingresearch.urmc.edu](http://www.smokingresearch.urmc.edu)



## November 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](mailto:connie_bottoni@urmc.rochester.edu) if you wish to receive or stop receiving this monthly newsletter. If you prefer to receive this newsletter electronically rather than via a fax, contact Connie at the e-mail address above.

**For resources and archived newsletters visit our website at**  
[www.smokingresearch.urmc.edu](http://www.smokingresearch.urmc.edu)

### Smoking Hurts Almost Every Part of the Body

- Smokers are more likely than nonsmokers to develop heart disease, stroke, and lung cancer.
- Smoking can cause lung disease by damaging your airways and the small air sacs (alveoli) found in your lungs.
- Smoking can cause cancer almost anywhere in your body.
- Smoking is a cause of type 2 diabetes mellitus and can make it harder to control.
- Smoking affects the health of your teeth and gums and can cause tooth loss.
- Smoking delays healing and many physicians won't perform surgeries if someone smokes.
- Smoking can also affect men's sperm, which can reduce fertility and also increase risks for birth defects and miscarriage.

For more information visit:

[https://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/health\\_effects/effects\\_cig\\_smoking/index.htm](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/index.htm)

### New Resource Available for Billing and Coding

Our partners at the New York State Center of Excellence for Health Systems Improvement recently created a new guide called, "Documenting, Coding, & Billing for Tobacco Dependence Treatment: A Guide to Maximizing Reimbursement." Click this link for the guide.

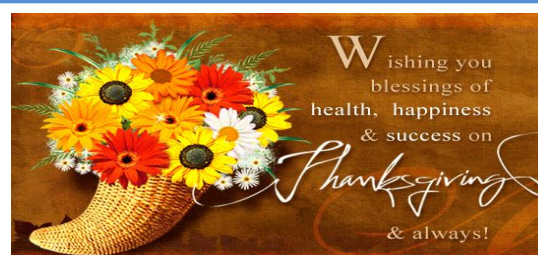
<https://tobaccofreeny.org/images/hsi/Resources/Documenting-Coding-Billing-For-Tobacco-Dependence-Treatment.pdf>

### Great American Smokeout (GASO)

Thursday, November 15, 2018

Sponsored by: American Cancer Society

Different people quit smoking in different ways. There are those who quit abruptly and completely and those who cut back gradually. Some people need substitutions and distractions to suppress cravings and others need special medicines. No matter which approach is chosen, the Great American Smokeout is the perfect occasion to make the first step.



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](mailto: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](http://www.nysmokefree.com).