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## December 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 interventions.

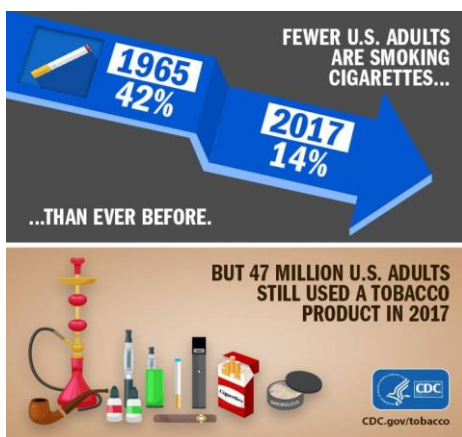
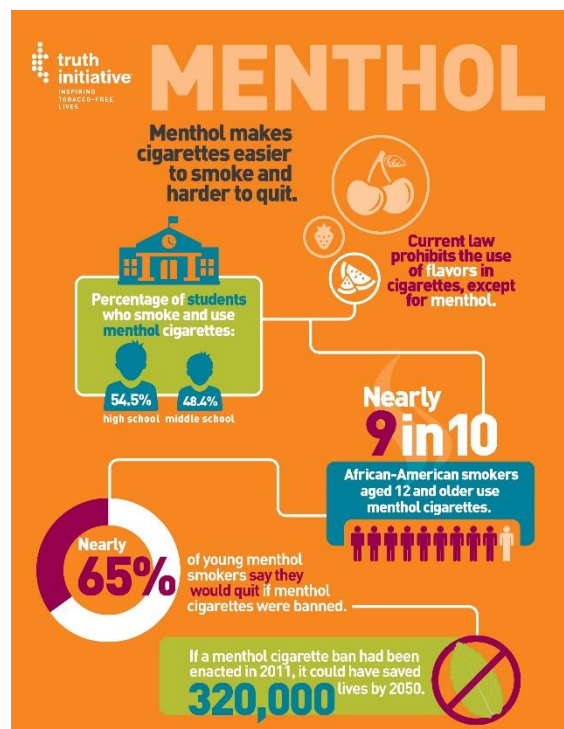
Contact Connie Bottoni at [connie\\_bottoni@urmc.rochester.edu](mailto:connie_bottoni@urmc.rochester.edu) if you wish to receive or stop receiving this monthly newsletter. If you prefer to receive this newsletter electronically rather than via a fax, contact Connie at the e-mail address above.

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[www.smokingresearch.urmc.edu](http://www.smokingresearch.urmc.edu)

### Manage Cravings After You Quit Smoking

The U.S. Department of Health and Human Services suggests how to manage cravings:

- Keep your hands busy, such as by sorting the mail or washing the dishes.
- Prepare healthy snacks in the morning to have them ready throughout the day.
- Chew sugar-free gum or use sugar-free hard candy.
- Discover a new activity, such as completing crossword puzzles.
- Take public transportation or ride with a friend, if you associate driving your car with smoking.
- Go for a short walk or dance with your kids.
- Take deep breaths to help you relax.



### Cigarette litter impacts the Environment

- \* Worldwide, about 4.5 trillion cigarettes are littered each year.
- \* Cigarettes make up more than one-third—nearly 38 percent—of all collected litter.
- \* Littered cigarette butts leach toxic chemicals—such as arsenic (used to kill rats) and lead, to name a few—into the environment and can contaminate water. The toxic exposure can poison fish, as well as animals who eat cigarette butts.
- \* The plastic fibers in cigarettes are not biodegradable, meaning they won't organically break down from living organisms.
- \* An estimated 1.69 billion pounds of cigarette butts winding up as toxic trash each year.



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