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## January 2019 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 & 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.

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

### Study: Vaping interferes with post-surgery healing

- Researchers found there was no difference between those who vaped and those who were cigarette smokers in terms of how they healed post-surgery compared to those who neither vaped nor smoked.<sup>1</sup>
- The study's researchers recommend that anyone who vapes, as well as anyone who smokes, should quit at least two months before any surgery.<sup>1</sup>
- Research suggests e-cigarettes may prompt some of the same physiologic changes as traditional cigarettes and may hinder wound healing.<sup>2</sup>

<sup>1</sup> For more information about the study conducted by Dr. Jeffrey Spiegel and his team of researchers at Boston Medical Center click:  
[https://www.wdel.com/news/study-vaping-interferes-with-post-surgery-healing/article\\_095dc66e-d4c3-11e8-a8da-373a57ba3418.html?fbclid=IwAR2IldchZT2haZ72K1KV1C5lqGmXauoIdQpP5qWuHvqXNX7moPdS3zhnw](https://www.wdel.com/news/study-vaping-interferes-with-post-surgery-healing/article_095dc66e-d4c3-11e8-a8da-373a57ba3418.html?fbclid=IwAR2IldchZT2haZ72K1KV1C5lqGmXauoIdQpP5qWuHvqXNX7moPdS3zhnw).

<sup>2</sup> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5801784/>



The American Lung Association has developed e-cigarette resources. For more information, click [www.Lung.org/ecigs](http://www.Lung.org/ecigs). There are printable PDF files for teens, parents & schools!



#### Adolescent Vaping and Nicotine Use

- Adolescents who "vape" inhale a heated aerosol, which typically contains nicotine.
- Results from the CDC's 2018 National Youth Tobacco Survey showed a [huge single-year spike in e-cigarette usage among high school and middle school students](#) in 2018.

The Centers for Disease Control and Prevention's (CDC) Office on Smoking and Health (OSH) has designated 2019 as the [Year of Cessation](#).

<https://www.cdc.gov/tobacco/about/osh/pdfs/1010-year-of-cessation-overview-508.pdf>

**Don't Give Up!**



**Ready to quit?**

Talk to your doctor, or  
contact the New York State  
Smokers' Quitline.

(866) 697-8487  
[www.nysmokefree.com](http://www.nysmokefree.com)

#### **Make a Quit Plan for the New Year!**

- \*Identify Triggers.
- \*List your reasons for quitting.
- \*Remove everything that reminds you of smoking (ash trays, lighters, etc.).
- \*Stay busy, exercise, drink water.
- \*Change your smoking routines.
- \*Set a quit date one to two weeks ahead and put it on your calendar.

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).