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## May 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*

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.

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You can reduce your risk of heart disease and stroke



Eat less salt  
Eat more fruit  
and vegetables



Exercise  
regularly



Don't use  
tobacco



Avoid harmful  
use of alcohol



Take your prescribed medication  
regularly if you have high blood  
pressure or diabetes



### FDA Approves New Heat Not Burn Product "iQOS" for Sale in U.S.



The Food and Drug Administration stated, "...while today's action permits the tobacco products to be sold in the United States, it does not mean these products are safe or 'FDA approved' — **there are no safe tobacco products.**"

Heat-not-burn tobacco products are electronic devices that heat tobacco and produce an inhalable aerosol, instead of burning tobacco like traditional cigarettes. Heat-not-burn products are different from e-cigarettes because they use real tobacco, not the flavored liquid nicotine typically found in e-cigarettes.

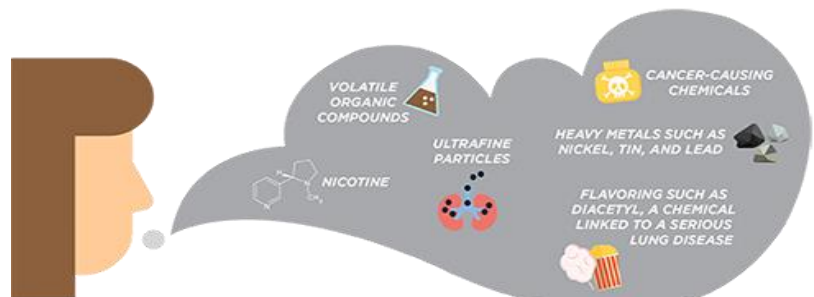
**Free Webinar June 11, 2019**  
**"Exploring Combination  
Therapy for Smoking  
Cessation: A Provider and  
Quitline Intervention."** (Dan Croft,  
MD presenter). Watch your in-box  
for details.

**TOBACCO**  
~~eighteen~~ **twenty-one**

**New York State Raises the Age to  
Purchase Tobacco Products from age  
18 to 21.**

### What Is in E-cigarette Aerosol?

- E-cigarette aerosol is NOT harmless "water vapor."
- The e-cigarette aerosol that users breathe from the device and exhale can contain harmful and potentially harmful substances, including:
  - Nicotine
  - Ultrafine particles that can be inhaled deep into the lungs
  - Flavoring such as diacetyl, a chemical linked to a serious lung disease
  - Volatile organic compounds
  - Cancer-causing chemicals
  - Heavy metals such as nickel, tin, and lead



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).