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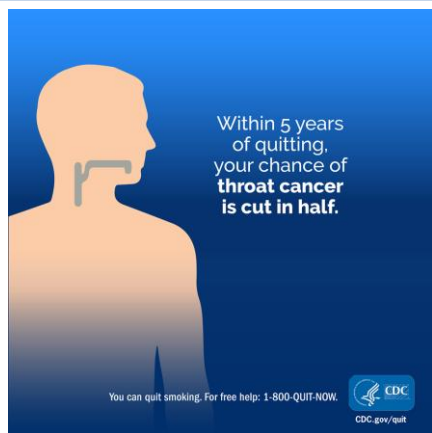
June 2019 Newsletter

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
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Myths and Facts About Smoking*

Myth: "Light or "low tar" cigarettes are safer than regular cigarettes.

Fact: There is no such thing as a safe cigarette. Light and Regular cigarettes contain the same cancer causing agents. Research studies also show that people smoking light cigarettes smoke more often and inhale more deeply to get the same amount of nicotine.

Myth: To quit smoking all you need is will power.

Fact: Most smokers have difficulty quitting without help. Only about 3% of "cold turkey" quit attempts are successful. In order to quit, most smokers need help through nicotine replacement therapy and counseling.

Myth: Persons with mental illnesses are more addicted to nicotine and are unable to quit smoking.

Fact: Persons with mental illness can successfully quit using tobacco. There is significant evidence that smoking cessation strategies work.

Myth: Persons with mental illnesses enjoy smoking and don't want to quit.

Fact: Persons with mental illness want to quit smoking and want information on cessation services.

*Resource info: University of Colorado Denver, Department of Psychiatry, Behavioral Health and Wellness Program.

Smoking with Diabetes: A Double Whammy

Smoking amounts to a perpetual vascular insult that makes diabetic patients extraordinarily vulnerable:

- Current smokers are at a 43% increased risk of retinopathy versus nonsmokers and a 36% increased risk of nephropathy.
- Patients with diabetes who smoke require much higher doses of insulin to control the sugars because nicotine makes insulin less effective.
- Smokers with diabetes have a higher risk for heart attacks, strokes, foot ulcers, amputations, erectile dysfunction and greater risk for the other complications of diabetes including vision loss, kidney functional decline, and nerve damage.

MedPage Today https://www.medpagetoday.com/reading-room/endocrine-society/diabetes/79395?xid=nl_mpt_DHE_2019-04-25&eun=g964417d0r&utm_source=Sailthru&utm_medium=email&utm_campaign=Daily%20Headlines%202019-04-25&utm_term=NL_Daily_DHE_Active

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.