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November 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 if you wish to receive or stop receiving this monthly newsletter.

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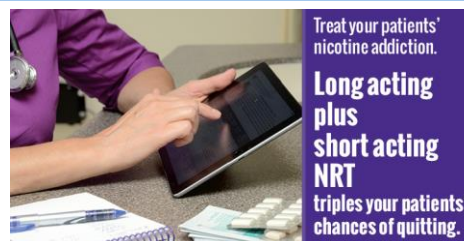
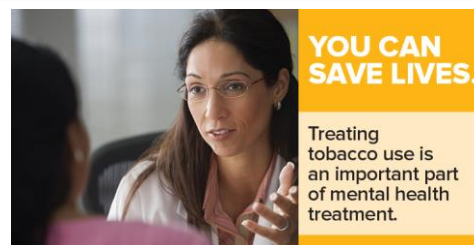
Tame Nicotine Cravings

1. **Exercise** can release endorphins the same way nicotine does. It's a natural way to feel good and let the cravings pass.
2. **Find a distraction** when the cravings hit. Keeping your mind and hands busy will let the urges pass.
3. **Set up your environment for success.** Removing anything that reminds you of smoking such as ash trays & lighters. Washing clothes & cleaning the inside of your home and car will remove odors that can trigger a craving.
4. **Find other ways to deal with stress.** (Exercise, call a friend, play relaxing music, work on a hobby etc.)
5. **Celebrate your successes and keep trying!**

New York State Department of Health Announces New Services to Help E-Cigarette Users Quit in Response to Nationwide Outbreak of Vaping-Associated Illnesses.

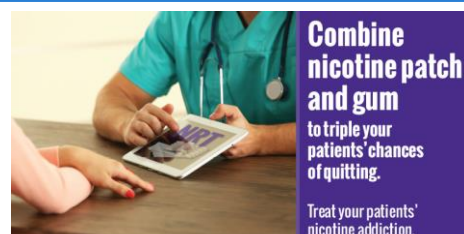
The NYS Smokers' Quitline Now Offers Nicotine Patches, Gum and Lozenges for Users of E-Cigarettes. Contact the Quitline at:
Toll Free #: 1-866-697-8487

Website: www.nysmokefree.com



November 21, 2019

The reality is that smoking is not ... a choice. For most smokers, tobacco use is an addiction, and nicotine is the primary drug of choice.



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 at: 1-866-697-8487 or their website www.nysmokefree.com.