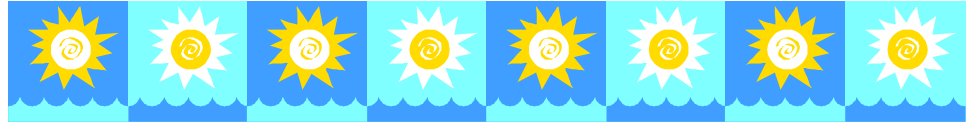


Center for Smoking Cessation Newsletter



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Cessation Center Staff

Peggy Keigley, Director
Erin Sinisgalli, Program Manager
Jeri Bosman, Outreach Specialist
Tavia Rauch, Outreach Specialist
Jennifer Speenburgh, Dental
Project Coordinator
Victoria Keir, School Outreach
Specialist
Debbie Keefe, Cessation Services
Coordinator
Donna Orlando, Inpatient
Counselor
Lisa Currin, Substance Abuse
Project Coordinator
Marge Mineau &
Mary Smith-Roberts,
Administrative Assistants

Center for Smoking Cessation
at Seton Health
849 2nd Ave
Troy NY 12182
Ph 518.268.6165
Fax 518.268.5864

Contest Winners & Number of Patients They Assisted with Quitting!!!

1st prize: Cohoes Family Care / 1098 patients
2nd prize: Jefferson Heights Family Care / 835
3rd prize: Southeastern Otsego Health / 92
** Results determined by # of patients assisted (Quitline & Chantix numbers) divided by # of referring providers in the practice.*



Cohoes Family Practice of NE Health was the first place winner of the 2007 Winter/Spring contest. First place prize was \$500 to the practice and \$250 to the champion, Ginny Dunigan.

Contest Winner Speaks Out

"We started a campaign at our office to help patients who smoke, at every visit to have access to smoking cessation information. We all have had a hand in helping patients find their 'own' way to quit. It has been accomplished through writing prescriptions, faxing referrals to the NYS Quitline and counseling patients about choices. We realize the improvement in health, both mentally and physically, when a patient stops smoking.

We are a very busy office, but we made a commitment to take the time to 'ask' patients at every visit. It made a difference. You never know when a patient is going to be ready, and we need to be ready with a helpful hand to get them there."
-Ginny Dunigan, RN, *Cohoes Family Care*

20 CME Credit Opportunity!

The Cessation Center is offering an opportunity to eligible physicians, physician assistants and nurse practitioners to earn up to 20 AMA Category 1 CME's credits.

Tobacco Cessation Centers of NYS, in conjunction with the University of Buffalo, developed the Tobacco Cessation Performance Improvement Project. This initiative facilitates the adoption of evidence-based practices reported in the Public Health Service Clinical Practice Guideline for Treating Tobacco Use and Dependence (2000) by individual practitioners in New York State. There is no charge for these credits.

For more information please contact our office (518-268-6165).

Director's Corner

Recently, several physicians in the Capital Region have received letters from Phillip Morris USA's "Youth Smoking Prevention" division, offering free brochures and tip sheets for their offices. Tobacco control experts deem this as nothing more than a public relations effort to position themselves as a responsible company.

Tobacco companies spend \$1.5 million dollars a day in New York State to recruit new smokers. In an effort to counter this campaign, the Cessation Center is happy to provide your office with brochures, tips sheets, posters, etc. Please call us to place an order- free of charge.

Quitline Referral Updates

Top 5 offices with highest number of referrals to the Quitline in past 3 months:

1-Schenectady County Public Health Services

2-Primarily for Women

3-Schenectady Free Health Clinic

4-Cohoes Family Care

5-Bassett Hospital Respiratory Care Services

Provider's Perspective

Smoking cessation is an important aspect of our medical management that we all should embrace. Smoking is one of the few preventable causes of death. It is a disease; it is an epidemic these days. Our teenagers are sinking in it and our adults are not doing enough to prevent it. We would never think about not treating hypertension or diabetes. Why have we not taken the same approach with smoking?

I have noticed that my five minutes of intervention starts the process and gets the patient thinking. My nonjudgmental counseling opens the door for communication. I involve the entire family and I talk about how this will affect the entire household. Giving patient information and telling them I can help makes a difference. After all, they still look up to me. -Olai Sam, MD Cohoes Family Care

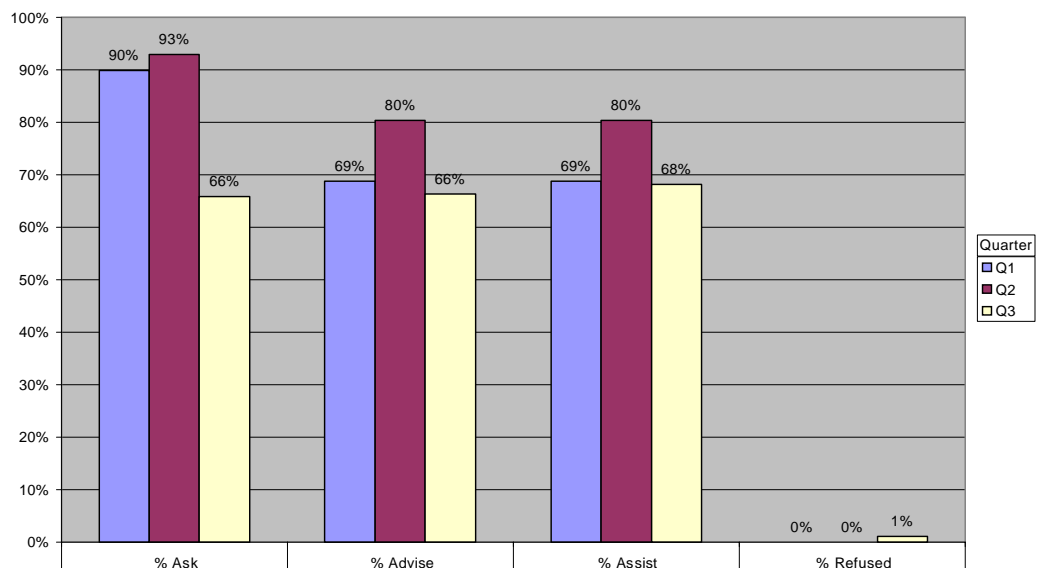
Nicotine Addiction is Quick in Youths, Research Finds

The July issue of The Archives of Pediatrics and Adolescent Medicine reported a study that showed a young cigarette smoker can begin to feel powerful desires for nicotine within two days of first inhaling a cigarette. About half of children who become addicted report symptoms of dependence by the time they are smoking only seven cigarettes a month.

New Report Cards are Here!

All sites that conduct chart audits should have received our newest version of quarterly report cards. This design shows primary care sites the level of implementation of treating tobacco dependence for the last year, using an easy-to-read chart format. Also, it includes the average of over sixty sites that currently conduct chart reviews. If you have questions about your report card or need help interpreting data, send an email to info@quitsolutions.org or call us at (518) 268-6165.

See below for the most recent chart depicted the average of all sites.



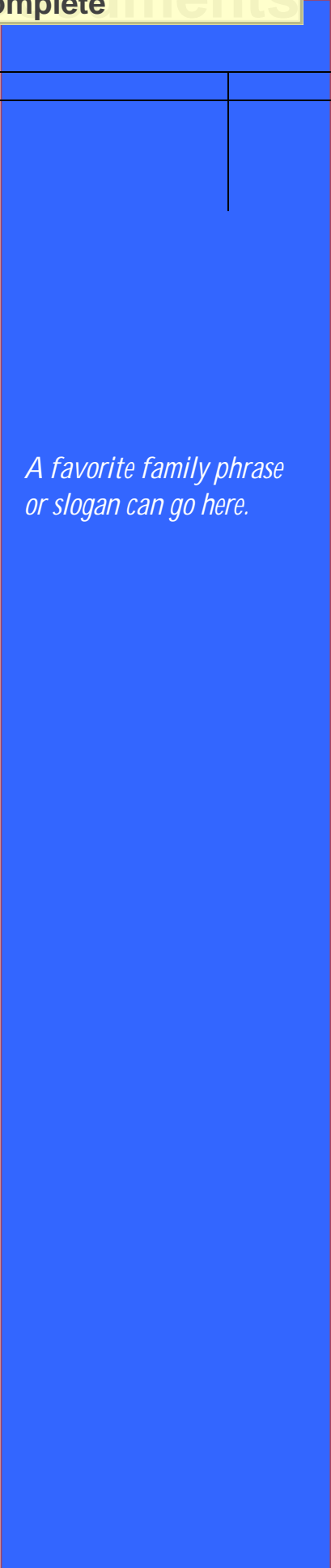
Congratulations!

The following healthcare offices have recently implemented policies to ensure that every tobacco user they see is asked, advised and referred for help with quitting.

Greenville Medical Associates

Hillsdale Healthcare

Seton Health Primary Care Network



*A favorite family phrase
or slogan can go here.*