

# Student Health Services

NEWSLETTER; ISSUE 1



JAN 2019

## RESOLUTIONS

### *Starting a new habit*

Do you smoke, vape, or chew your nicotine vice? Every New Year's do you say, 'this is the year, I will quit this time.' Some years it works out, at least for a little while, other years not at all.

So what can you do to make sure 2019 is the year you quit once and for all? This year, you have Health Services on your side.

We want **YOU** to take the next step; and we are here to help. Health Services is willing to provide Nicotine Replacement Therapy and/ or Tobacco Cessation Counseling to any student who is looking to quit.

Paul Smith's College is a Smoke Free Campus. Which mean's smoking of any kind is prohibited. That is a fact that will not change; however, you can.

Starting a new habit, a healthy habit, in accordance with our methods will help you take the next steps to your resolution.

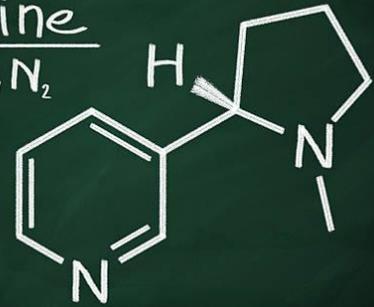
Spending the time developing a new and healthy habit, will allow you the ability to focus on something new, and distract you from what you are looking to quit. Before you know it, you won't be missing it at all.

**See the next page for some  
Tips & Tricks on How to Quit!**



Nicotine

$C_{10}H_{14}N_2$



## NURSE'S NOTE

*Abigail Fontaine, RN; BSN*

Welcome to a whole New Year, to a whole New You!

As a prior smoker, I understand just how daunting quitting can be.

The agitation, disruption of routine, feelings of acceptance when smoking with others, and fear of weight gain were some of the factors that prevented me from quitting sooner.

In 2012 I was diagnosed with bronchitis, again, and realized it was time to quit.

I reached out to my provider and obtained a prescription to help me quit. I set a date, started running to blow off steam, and never looked back.

Quitting was one of the toughest things I have done, but today I feel healthier than ever. All that running even helped me to lose weight!

Just know that you can quit! And Student Health Services can help!

**Nurse Office Hours:**  
8 am – 3:30 pm  
Monday — Friday

**Physician Hours:**  
9 am – 11 am  
Monday, Wednesday, Friday

# SHS TIPS & TRICKS TO QUIT

## *Steps to achieve a smoke free life*

### **Tips:**

- Understand your triggers! Certain people, places, things, and situations can make you want to smoke. **EVEN YEARS AFTER QUITTING.**

- Have a support network, whether it's friends or family. You can also join online communities and share your journey with other's who are on the same path.

- Keep a positive outlook, and celebrate you! Treat yourself regularly with the money you would have spent on cigarettes.

- NYS Smokers Quitline is a free resource to receive information, coaching, and the supplies necessary to help you quit.

- 1-866-NY-QUITS
- nysmokefree.com

### **Tricks:**

- Practice quitting smoking for short periods. Try 1, 3 or 5 days.

- Try deep breathing through a straw when you're craving!

- Download an App! QuitGuide® and quitSTART® are both useful apps to help track your smoking patterns, and give personalized help on how to quit!

- Fight cravings! Make a list of things you can try to do instead when you have an urge to smoke, keep your list handy.

- Most Nicotine Replacement Therapy products can be used safely together! Some people find that using both a long-acting patch and a short-acting gum together can be helpful when handling cravings and withdrawal symptoms.



**For more information on how to quit, go to [smokefree.gov](http://smokefree.gov); or visit Student Health Services.**

## **Did you know?**

### *Prescription Courier Service*

Have a prescription in town, but no way to pick it up? Never fear, Student Health Services picks up prescriptions every Tuesday and Thursday at Post Office Pharmacy in Saranac Lake.

Nicotine Replacement Therapy products are also available for pick up by the courier service.

Refills for prescriptions must be called in by the Student. The Post Office Pharmacy number is 518-891-2233. Please email Bella ahead of time to confirm with our office that there is a prescription waiting to be picked up. If you are out of refills, prescription renewals can be processed in Student Health Services during Physician Hours.

After insurance has been billed by the pharmacy, and there is a remaining balance, that amount can be charged to your Student Account.

## **Contact us:**

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