NIAGARA HEALTH SYSTEM
SYSTÈME DE SANTÉ DE NIAGARA
TOGETHER IN EXCELLENCE - LEADERS IN HEALTHCARE

Patient / Visitor Information on Smoking Cessation

We're Going Smoke Free – No Ifs, Ands or Butts

The Niagara Health System (NHS) is smoke-free at our seven hospital sites, effective May 31, 2007. The We're Going Smoke Free initiative provides support to all members of the NHS hospital family by ensuring smoking cessation information is available:

- To provide a smoke-free environment for staff, visitors and patients.
- To assist and provide support for persons wanting help with smoking cessation.

Policy Statement

The NHS is committed to the health and safety of all staff, physicians, volunteers, students, contractors and the community, and given the serious health hazard of smoking, effective May 31, 2007, all NHS properties are 100% smoke-free, both inside and outside the buildings.

The NHS has taken a health leadership position to go above and beyond the minimum legislative requirements so that no smoking or tobacco products will be used while on any NHS-owned or leased property, parking lots, associated buildings or vehicles.

- All patients/clients, visitors, staff, physicians, volunteers, students, the general public and other individuals conducting business on all hospital premises are expected to comply with this policy.
- Patients/clients are to refrain from smoking during their hospital stay.
- Nicotine-dependent patients/clients who find it difficult to refrain from smoking will be offered nicotine replacement therapy (NRT) and/or other appropriate supports during their hospital stay.
- Hospital equipment such as IV poles and wheelchairs may not be taken off hospital property.
- Tobacco Enforcement Officers from Niagara Region Public Health Department patrol the hospital properties on a daily basis and will impose fines on those smoking within nine metres of a hospital entrance or under an ambulance canopy, as per the Smoke Free Ontario Act. Hospital Security staff may contact Enforcement Officers at other times, if required.

Patient/Client Support
Consider stop smoking supports such as nicotine patch or Zyban in advance of any planned admissions to hospital. The earlier you start the easier it will be during a hospital visit.

Smoking cessation information is available to all patients/clients through their primary care physician or nurse.

The NHS also has information on the internet to assist you, which can be accessed at www.niagarahealth.on.ca => go to We're Going Smoke Free.

Types of Support
- Self help booklets / buddy support
- Counselling – face-to-face, phone or internet
- Information / education
- Medication – nicotine patch, gum Zyban (prescription, non-nicotine)

The most common and effective way to quit is with a type of Nicotine Replacement Therapy along with some counselling and a buddy.

Congratulations!
Making the decision to quit smoking is the first step. Quitting is a process that requires making a plan and sticking to it. It may take more than one or two tries to help you be successful. No matter how many times you have tried YOU CAN QUIT!

After you quit you will experience the following benefits:
- In 20 minutes blood pressure drops to normal.
- In 24 hours, the chance of having a heart attack decreases.
- In 3 months, circulation improves and lung function increases up to 30%.
- In 1 year, the risk of coronary heart disease is cut in half.
- In 5 years, the risk of stroke is reduced.
- In 10 years, the lung cancer death rate is reduced by half.
- In 15 years, the risk of coronary heart disease is the same as non-smokers.

Resources
- Smokers helpline 8-877-513-5333 or contact the Canadian Cancer Society at www.cancer.ca
- www.gosmokefree.ca or 1-866-318-1116
- www.on.lung.ca/nosmoking or 1-888-566-5864
- www.regional.niagara.on.ca