

Help in quitting

BCRH understands the difficulties that people experience when they quit smoking.

To make it easier for admitted patients to give up smoking, the Hospital offers the following:

- Nicotine Replacement Therapy (under the supervision of the patient's doctor)
- Counselling and support
- Referral to Quit Courses

Support is also available for Hospital staff.

Nicotine Replacement Therapy (NRT)

NRT reduces nicotine withdrawal symptoms. It comes in different form including:

Nicotine patches: these come in different sizes. The patch is worn on the skin where nicotine is absorbed continuously.

Nicotine gum and lozenges: available in different strengths, the nicotine is absorbed through the lining of the mouth.

Talk to your doctor about quitting.

Quit Courses

There are several qualified leaders who run Quit Courses in the Gippsland region. These courses provide friendly support and encouragement in a small group setting.

To find out when the next course is running in your area, phone the Quitline on 13 7848.

Other Support available

Quitline: Phone **13 7848** for free telephone counselling, information and support.

Quit pack: Phone **13 7848** for a free information pack, including the Quit Book.

Quit website: www.quit.org.au

The Quit website contains information, resources and advice to help you quit. The site also provides a link to the free, interactive web program, **The Quit Coach**.

BCRH advises that your doctor should be consulted before and during the quitting process.

**For more information on
BCRH Smokefree policy,
visit: www.bcrh.com.au
Or telephone: (03) 5671 3333**

Original brochure produced by Latrobe Regional Hospital
'Totally Smoke free from 1 July 2007 – Clean air for all' July 2007

**SMOKE
FREE
FROM**

1st JANUARY 2010



Bass Coast Regional Health's Smoke free Policy

Bass Coast Regional Health (BCRH) is committed to providing a safe, healthy environment for patients, visitors and staff.

From 1st January 2010, BCRH will be totally smoke free.

This means that smoking will not be permitted in any building or outdoor area within the boundaries of the organisation's facilities and there will be no areas designated for smoking.

It is expected that all patients, visitors, staff, contractors will respect and comply with BCRH's Smoke free policy by not smoking while in the organisation's grounds.

Why are we totally Smoke free?

- The organisation is a workplace and as such is legally obliged to provide a safe working environment for staff.
- A smoke free environment encourages and supports smokers in their effort to quit.
- Passive smoking, or breathing in the smoke of others is harmful to the health of non-smokers. It is particularly harmful to children and those who are ill.
- A smoke free environment will reduce litter and decrease the risk of fire in the organisation.

Health effects of smoking

Most people are aware of the dangers of smoking. It affects every part of the body and remains the leading cause of preventable death in Victoria, killing more than 19,000 Australians every year.

Health effects of passive smoking

As well as affecting the smoker, tobacco smoke also affects those around them.

There is a large amount of evidence that second-hand smoke, also known as, passive smoking or Environmental Tobacco Smoke (ETS), is harmful to health.

In fact, ETS is a recognised cancer-causing agent, which means that there is no safe levels of exposure.

ETS causes diseases and conditions in non-smokers, such as:

In adults:

- Heart disease
- Lung cancer
- Irritation to eyes, nose and throat

In children:

- Sudden Infant Death Syndrome (SIDS)
- Lower birth weight
- Bronchitis and pneumonia
- Asthma
- Middle ear disease

Passive smoking has also been linked to cervical and breast cancer, stroke, meningococcal disease and difficulty breathing after surgery.

Smoking and surgery

Smoking increased the risks of serious complications during and after surgery. If you smoke, you are more at risk of:

- Starving your heart of oxygen
- Blood clots forming
- Wound infection
- Slower healing of bones and skin
- Breathing difficulties during and after surgery
- Changes in the effectiveness of drugs

These risks can be reduced by ceasing smoking eight or more weeks prior to surgery.

Benefits of quitting

There are many good reasons to quit smoking. Here are just a few of the benefits:

- Your sense of smell and taste will improve.
- Within a month your blood pressure will return to normal.
- After a year, your risk of dying from heart disease is half that of a continuing smoker.
- After 15 years, your risk of heart attack and stroke is almost the same as that of someone who has never smoked.
- You will protect your family and friends from the dangers of passive smoking.