

A Fresh Start

A Patient's Guide to a Tobacco-free Life

For the improved health of our community, patients and staff, Mercy restricts the use of tobacco products on our campus. We have a designated smoking area in the Patient Parking lot for visitors and patients who use tobacco products.

If you are a patient at Mercy and feel you need to use tobacco products during your stay, please ask your nurse for directions to the smoking area. Please note that you may not take any hospital equipment, (IVs, wheelchairs, patient controlled anesthesia pumps) with you.

Thank you for respecting the health of other patients, visitors and our staff, by only smoking or using tobacco products in the designated smoking area.

Reasons to quit.

Nurses and physicians are on the front lines of health care. They work in ways both big and small to protect your health. They care for you when you're sick, and teach you how to stay healthy. They also witness first hand the consequences of tobacco use on patients and their families.

Quitting is hard. If you have tried to quit using tobacco products, you know how difficult it can be. It's hard because nicotine is a very addictive drug. Usually people make two or three tries, and more, before finally being able to quit. Each time you try to quit though, you can learn more about what will help you finally stop using tobacco.

As your health care providers, we strongly encourage you to quit using tobacco products.

Why should I stop using tobacco?

Maybe you are tired of paying higher and higher prices for cigarettes when you would rather spend that money on something else. Maybe you are sick of walking outside whenever you want to smoke. Maybe a good friend has come down with a tobacco-related illness like lung cancer. Or, maybe, your doctor or family has urged you to stop using tobacco products. Cigarettes are the leading cause of **preventable** death in this country. In Oregon alone, 18 people die every day from tobacco-related diseases. Smoking accounts for at least 30 percent (or one in three) of all cancer deaths, and is associated with conditions ranging from colds and

allergies to asthma, chronic bronchitis, emphysema, and heart disease. Like smoking, chewing tobacco (chew) affects the cardiovascular system and may be associated with heart disease, stroke, and high blood pressure. Long-term effects include gum and tooth disease, loss of bone in the jaw, cancer of the mouth (including the lip, tongue, cheek, and floor and roof of the mouth) and throat. Whatever the reason, if you quit you'll live longer and stay healthier — and so will your family. It is never too late to quit!

After you quit ...

20 minutes — blood pressure drops to normal

24 hours — chances of having a heart attack decreases

3 months — circulation improves and lung function increases up to 30 percent

1 year — risk of having a heart attack is cut in half

5 years — stroke risk reduced to that of a nonsmoker in 5-15 years

10 years — risk of dying from lung cancer is cut in half

How do people successfully quit?

There is no one right way to quit smoking/tobacco. Whatever method you choose, it is a good idea to talk to your health care professional if you are thinking of stopping tobacco products. Success may include one or a combination of methods including:

- Cutting down cigarettes/tobacco gradually and then stopping completely.
- Going "cold turkey" — quitting smoking/tobacco all at once
- Step-by-step manuals
- Stop-smoking/tobacco support groups, self-help classes or counseling
- Chewing sugarless gum or eating carrot sticks
- Taking long walks (or other appropriate physical activity)
- Nicotine replacement therapy
- Bupropion hydrochloride (Zyban)

What is nicotine replacement therapy?

Nicotine replacement therapy is supplied as a gum, skin patch, nasal

spray or inhaler. It works by providing nicotine without the other harmful components of cigarette smoke. Nicotine replacement therapy can reduce or eliminate a tobacco user's withdrawal symptoms and make it easier to quit. Not everyone can use nicotine replacement therapy, so talk to your health care provider about this option.

What is Zyban?

Bupropion (Zyban) is a pill available by prescription that reduces the symptoms of nicotine withdrawal. It does not contain nicotine, but instead acts on chemicals in the brain that are related to nicotine craving. Studies have shown that people who use bupropion doubled their chances of quitting smoking/tobacco.

Where can I get more information?
The Oregon Tobacco Quit Line
English 877-270-STOP
Español 877-2 NO FUME
TTY 877-777-6534
www.oregonquitline.org

American Cancer Society
1-800-ACS-2345
www.cancer.org

American Heart Association
1-800-AHA-USA1
www.americanheart.org

American Lung Association
1-800-LUNG-USA
www.lungusa.org

For pregnant women:
American College of Obstetricians and Gynecologists
409 12th Street, SW
Washington, DC 20024
202-638-5577

The National Partnership to Help Pregnant Smokers Quit
www.helppregnantsmokersquit.org

† CATHOLIC HEALTH INITIATIVES®

Mercy Medical Center

541-673-0611
www.mercyrore.org