Smoking-Cessation Resources For Patients and Visitors

Swedish's mission is to improve the health and well-being of each person who comes to the medical center. Part of this commitment includes providing a safe and healthy environment. To that end, Swedish is now a smoke-free campus; smoking is not allowed anywhere – inside or out – on Swedish property, owned or leased. Smoking is permitted only in public areas, and state law requires that a smoker be at least 25 feet from any entrance, window or air-intake system. State law also prohibits smoking in a private vehicle while the vehicle is in any public garage.

New policy for patients

Swedish has nicotine-replacement therapy available for patients, along with access to other smoking-cessation resources. Nurses will offer patients these smoking-cessation resources and will contact a pharmacist for patients who desire nicotine replacement.

Visitors may smoke outside in accordance with Swedish's policy and state law.

Smoking-cessation resources

Educational video

An educational video is now available to patients on closed-circuit television at the First Hill and Providence campuses and VHS at the Ballard campus. The video provides patients and their families with information about the health consequences of smoking, benefits of not smoking and suggestions for how to stop smoking.

Brochures and materials

Materials about smoking cessation are available on all nursing units. Patients and visitors can visit Swedish's Douglas Health Education Center at the First Hill campus in the main lobby or health resource centers at the other campuses. You can also call the education center at 206-386-2502.

The Washington State Tobacco Quit Line is another resource for smoking cessation materials, counseling and support. Call 1-877-270-STOP (7867) or visit www.quitline.com. Patients and visitors may call from patient rooms.

I Quit: Smoking-Cessation Program

This one-on-one, individualized eight-week program is offered through the Swedish Heart and Vascular Institute's Center for CardioVascular Wellness. This program includes:

- Regular discussions about new skills and behaviors as well as medication options
- A smoking-cessation education workbook that covers a wide range of topics
- Homework assignments that participants can complete at their own pace
- An individual cardiovascular-risk assessment
- Follow-up support calls after the program has ended

Retail cost is $300. Some employers reimburse the cost of this program. To register, call 206-320-3300.

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Other helpful resources and programs

American Lung Association – Freedom from Smoking
http://www.lungusa.org/ffs/
Online smoking-cessation program for tobacco users

American Lung Association – Washington Chapter
http://www.alaw.org/tobacco_control/quit_smoking_today/
1-800-732-9339
Quit kit, smoking-cessation programs available in Washington state (Freedom from Smoking, Free and Clear, Nicotine Anonymous, etc.)

Free & Clear
http://www.freeandclear.org/
Telephone counseling, quit kit and resources

Nicotine Anonymous
http://www.nicotine-anonymous.org/
Education and meetings

Nicotrol Helping Hand
http://www.helpinghand.com/
Nicotrol Inhaler sponsored online support

Quit Net
http://www.quitnet.com/
On-line smoking cessation program for tobacco users

Time After Quitting	Benefit to Ex-Smoker
20 minutes after quitting	Body's heart rate drops
8 hours after quitting	Carbon monoxide level in blood drops to normal and oxygen level in blood increases to normal
24 hours after quitting	Chance of heart attack decreases
48 hours after quitting	Nerve endings start regrowing and ability to smell and taste is enhanced
2 weeks to 3 months after quitting	Risk of heart attack drops and lung function approves; circulation improves
1 to 9 months after quitting	Coughing, sinus congestion, fatigue and shortness of breath decrease
1 year after quitting	Risk of coronary heart disease is half that of a smoker's
5 to 15 years after quitting	Added risk of stroke is reduced to that of a nonsmoker's
10 years after quitting	Risk of lung cancer is half that of a smoker's; risk of cancers of the mouth, throat, esophagus, bladder, kidney and pancreas decrease; risk of ulcer decreases
15 years after smoking	Risk of coronary heart disease equals that of a nonsmoker's; risk of death returns to the level of people who have never smoked

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