

To create a healthier environment for everyone who comes here to work, receive care or visit a friend or family member, the entire campus of Desert Springs Hospital Medical Center will be tobacco-free starting on the Great American Smokeout, November 19, 2009.

Tobacco use of any kind will be prohibited anywhere on the campus including parking lots and privately owned vehicles. This policy applies to patients, visitors, vendors, employees, physicians and anyone else on the Desert Springs Hospital campus.

We're dedicated to healthcare so it only makes sense to be tobacco-free. While we are not requiring employees to quit using tobacco products, we're committed to helping them if they want to quit.

The Gift Shop sells nicotine patches and gum. Smoking cessation counseling is available to inpatients and employees.

Free information, telephone counseling education and an individualized quit plan with ongoing support are all available from the Nevada Tobacco Users Helpline.



DESERT SPRINGS HOSPITAL
MEDICAL CENTER

A Member of The Valley Health System™

www.IchooseDesertSprings.com



Tips for
**Breathing
Freely!**

**TOBACCO-FREE
11.19.09**

Desert Springs Hospital Medical Center

Physicians are independent practitioners who are not employees
or agents of Desert Springs Hospital Medical Center.
The hospital shall not be liable for actions or treatments provided by physicians.

Why Quit?

If you're a smoker, there are plenty of reasons for you to stop now.

You'll live longer

You'll lower your chances of having a heart attack, stroke or cancer

If you are pregnant, you'll increase your likelihood of having a healthy baby

The people you live with, especially children, will not be exposed to secondhand smoke

You'll have more money to spend on other things

**Call 702-877-0684
or 1-800-QUIT-NOW
(1-800-784-8669)
to learn more.**

TIPS TO HELP YOU STOP SMOKING

Your doctor will applaud your decision to stop smoking but make sure you talk to him or her to discuss the best ways for you to quit. Some smoking cessation aids, such as nicotine patches, can cause health problems in people with certain medical conditions. Your doctor can tell you if you should avoid some smoking cessation tools or techniques and can help you develop the best plan for you to stop smoking.

Smoking Cessation TIP #1 ***Don't go it alone***

You'll have a better chance of successfully stopping smoking if you have the help and support of others.

- Tell your family, friends and coworkers that you are trying to quit and that you'd welcome their help. If they smoke, ask them not to smoke or leave their cigarettes out when they are near you.
- Get individual, group or telephone counseling. Join a support group or program for people who are trying to stop smoking. You can call your local health department for information about programs in the area.

Smoking Cessation TIP #2 ***Change your behavior***

- When you feel the urge to smoke, do something else to distract you from the urge.
- Talk to someone, go for a walk or keep yourself busy working on a task.
- Change your routine when you try to stop smoking. Drive a different route to your job. Eat breakfast in a different place.
- Exercise, take a hot bath, read a book or do something else. Drink plenty of water and other fluids.
- Make sure to schedule at least one enjoyable thing to do every day.

Smoking Cessation TIP #3 ***Learn your triggers***

Everyone has different situations and feelings that act as "triggers" and create the urge to light up a cigarette.

Common triggers are:

• <i>Drinking coffee</i>	• <i>Talking to someone on the phone</i>
• <i>Finishing a meal</i>	• <i>Watching someone smoke</i>
• <i>Watching television</i>	• <i>Living under stress</i>
• <i>Drinking alcohol</i>	

Make a list of your personal triggers and try to avoid as many of them as possible. If you can't avoid trigger situations, try to develop new habits to replace smoking. For example, if you are feeling stress, try deep breathing exercises instead of a cigarette to relax.

Smoking Cessation TIP #4 ***Stay active***

Activities and projects that require you to use your hands can help reduce the urge for a cigarette. When you do feel the urge, put a low calorie substitute into your mouth, such as vegetables, fruit or sugarless gum. And exercise releases endorphins which will help fill your body's need for nicotine as well as help your metabolism adjust.

Smoking Cessation TIP #5 ***Use medications safely and effectively***

Before you use any medication, be sure to check with your physician to make sure they are safe for you to use. There are six types of medications approved to help you stop smoking. They are:

- Bupropion SR*
- Chantix*
- Nicotine inhaler*
- Nicotine nasal spray*
- Nicotine patch
- Nicotine gum

* *By prescription only*

Nicotine inhalers, nasal sprays, patches and gum all work by supplying low amounts of nicotine to your body without the tars and poisonous gasses that are present in cigarettes. They make it easier for you to quit smoking by providing a constant, low level of nicotine that helps eliminate cravings.