



## Smoking and Tobacco Cessation Resources

**For everyone's health, Salem Hospital is a smoke-free environment, both indoors and outdoors. A smoke-free environment is an important step toward providing a safe and healthy environment for our patients, visitors, and employees.**

Quitting smoking and other nicotine products is the most important thing you can do for yourself and your family to live a healthier life.

### What should I do if I want to quit smoking?

The letters in the word "START" can help you remember the steps to take:

S = Set a quit date.

T = Tell family, friends, and the people around you that you plan to quit.

A = Anticipate or plan ahead for the tough times you'll face while quitting.

R = Remove cigarettes and other tobacco products from your home, car, and work.

T = Talk to your doctor about getting help to quit.

### How can my doctor or nurse help?

Your doctor or nurse can help give you information on how to quit and where to get help. Your doctor can give you medicines to reduce your craving for tobacco and reduce the symptoms of withdrawal. Different medicines work in different ways.

- **Nicotine replacement therapy** eases withdrawal and reduces your body's craving for nicotine, the main drug found in cigarettes. Non-prescription forms of nicotine replacement include skin patches, lozenges, and gum. Prescription forms include nasal sprays and "puffers" or inhalers.
- **Bupropion** (brand names Zyban© and Wellbutrin©) is a prescription medicine that reduces your desire to smoke. It is also available in a generic version, which is cheaper than brand-name medicines. If you think you'd like to take Bupropion, and you have a history of depression, seizure disorder, heart disease, or high blood pressure, discuss this with your doctor or nurse before taking the medicine.
- **Varenicline** (brand name Chantix©) is a prescription medicine that reduces withdrawal symptoms and cigarette cravings. If you think you'd like to take Chantix and you have a history of depression, anxiety, or heart disease, or kidney disease, discuss this with your doctor or nurse before taking the medicine.

You can also get help from a free phone line at 1-800-QUIT-NOW (1-800-784-8669). Counseling over the phone can be of great help, or you may want to set up formal office visits with a counselor to help you:

- Figure out what triggers your smoking and what to do instead.
- Overcome cravings.
- Figure out how you want to quit smoking.

Thank you for observing our smoke-free environment and refraining from smoking while in our care. **Your understanding and cooperation is greatly appreciated.**

**For more resources call or visit Salem Health's Community Health Education Center at 503-814-2432 (CHEC) to learn more, or go online to [salemhealth.org/chec](http://salemhealth.org/chec). The CHEC is on the 1st floor of Building D. Register for the Freedom From smoking classes, meet with a nurse, or use the free internet to search for more health information. *Note:***

*The Oregon Health Plan and most all insurance companies will cover the cost of taking tobacco cessation classes. Scholarships are available if needed.*

Other resources include:

**Oregon Tobacco Quit Line:**

English - 1-800-QUIT-NOW (1-800-784-8669)

[www.quitnow.net/oregon](http://www.quitnow.net/oregon)

**American Lung Association**

1-800-LUNG-USA (1-800-586-4872)

[www.lung.org/stop-smoking/how-to-quit](http://www.lung.org/stop-smoking/how-to-quit)

**National Cancer Institute**

877-44U-QUIT (1-877-448-7848)

[www.smokefree.gov](http://www.smokefree.gov)

**Nicotine Anonymous**

1-877-TRY-NICA (879-6422)

[www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)

**References**

Segal, J., Robinson, L., & Smith, M. (2012). How to quit smoking. Retrieved from [http://www.helpguide.org/mental/quit\\_smoking\\_cessation.htm](http://www.helpguide.org/mental/quit_smoking_cessation.htm)

Centers for Disease Control (2013). Smoking and tobacco use. Retrieved from [http://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/cessation/quitting/index.htm](http://www.cdc.gov/tobacco/data_statistics/fact_sheets/cessation/quitting/index.htm)

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