

OUR TOBACCO-FREE POLICY

To help strive for better quality of life for our patients, visitors and staff the CRMC has implemented a tobacco-free policy for the hospital and all hospital-owned properties.

Why Should I Quit Smoking?

Smoking cigarettes tops the list of major risk factors of our number one killer-heart and blood vessel disease. In fact, almost one-fifth of deaths from heart disease are caused by smoking. The long list of diseases and deaths due to smoking is frightening. Smoking also harms thousands of non-smokers who are exposed to cigarette smoke, including infants and children.

If you smoke, you have good reason to worry about its effects on your health, your loved ones and others. You could become one of the more than 430,000 deaths smoking causes every year. When you quit, you reduce the risk TREMENDOUSLY!!!

Frequently asked questions

Why does CRMC take such a stringent stand on smoking?

CRMC's mission is to improve the health, and administer to the health care needs, of the people and communities we serve. Our goal is to create a healthy environment for patients, visitors and employees.

There are many unhealthy habits.

Why single out tobacco?

Tobacco is the single greatest cause of disease and premature death in America today, and is responsible for more than 430,000 deaths each year.

What about smokers' rights?

We want to maintain a healthy environment for patients, visitors and employees. For those reasons, we ask that you refrain from smoking on our premises.

What about the comfort of patients who are smokers?

Our physicians have developed orders, which make nicotine replacement options and therapies available to help our patients. Your nurse will be happy to contact your physician to evaluate what is the best option for you.

May I smoke in my car?

We ask that you honor our policy of being entirely tobacco free by not smoking in your car.

Trying to quit?

CRMC offers several options for those who want to quit:

Smoking Cessation Program

- Offered on a regular basis at CRMC
- 6 Session Program
- The program will assist you in breaking your tobacco habit and provide you with the steps to quit and deal with your urges to smoke
- Minimum of 6 participants is required

Hypnotherapy

For more information on hypnotherapy, please call Tiffany Rutledge at 632-5591.

Web-based support groups and other self study programs:

www.ffsonline.org

www.quitsmokingsupport.com

www.trytostop.org

www.quitnet.com

www.nicotine-anonymous.org

www.smokeclinic.com

www.whyquit.com

National TOLL-FREE QUIT LINES

(Free phone counseling and information services)

1-877-YES QUIT = 1-877-937-7848

1-800-4-CANCER = 1-800-422-6237

1-866-66START = 1-866-667-8278

(Pregnant Women Only)

1-866-PITCH-EM = 1-866-748-2436

1-800-227-2345

Patients Healing 
Thank you for not smoking.

Our tobacco free policy is intended to create a healthier environment for everyone who comes here to receive care, visit a friend or family member or work. Thank you for your cooperation.

Look what happens when you quit smoking...

Within 20 minutes of stopping, the body begins a series of changes that continues for years...

20 minutes after quitting: Your heart rate drops.

8 hours after quitting: Carbon monoxide level in your blood drops to normal.

24 hours after quitting: Chance of heart attack decreases.

2 weeks to 3 months after quitting: Circulation improves. Lung function increases up to 30%.

1 to 9 months after quitting: Decrease in coughing, sinus congestion, fatigue and shortness of breath. Increased ability to prevent lung disease.

1 year after quitting: Excess risk of coronary heart disease is half that of a smoker's.

5 years after quitting: Stroke risk is reduced to that of a non-smoker's.

10 years after quitting: The lung cancer death rate is about half that of a continuing smoker's. Risk of mouth, throat, esophagus, bladder, kidney, and pancreas cancer decreases.

15 years after quitting: The risk of coronary heart disease is that of a nonsmoker's.

Helping your loved one Quit Smoking: Tips for family and friends

Ask how you can help: Your support can make a big difference. People need different kinds of help when they quit. Ask how you can help. If they say no, that's OK. Let them know you will be there if they need you.

Share quit tips: If you are a former smoker, share tips that helped you quit for good.

Do not smoke: If you smoke, do not smoke around someone who is trying to quit. Remove all smoking items from the house, car, etc. Do not offer the person a cigarette.

Be available to talk: Even if your loved one wants to talk late at night or early in the morning, try to be as available to them as much as possible.

Keep high-calorie munchies away: Rather than eating, suggest a walk or some dancing when those "on edge" feelings strike in the first few days. Keep high-calorie snacks out of the house or out of sight.

Remember, this is a 1st attempt: Don't make them feel guilty if they have trouble quitting. Be supportive and let them know that you still believe they can quit for good.

Make plans for a "Quit Day": Go to the movies, visit the mall or take a trip to the park.

Remember, they may be irritable: Help distract them when they have cravings for a cigarette.

Send a note or flowers: Help with things around the house for a few days, send a happy note or take them flowers. Find out about support groups or classes in your area. Offer to go with or take them.

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