St. Joseph's Healthcare Hamilton

We Are Smoke Free

Q&A

What does this mean to you as a patient?

This means that smoking is not allowed anywhere on the premises.

We understand that this may be very difficult for you while you are a patient at St. Joseph's. Your Health Care Team here is committed and trained to assist you with your nicotine addiction.

We would like you to be comfortable while you are here so please talk to one of us today about the use of medications that are known to safely reduce withdrawal symptoms.

www.stjoes.ca/smokefree

Did you Know...

- within 8 hours of quitting smoking oxygen levels become normal
- most smokers want to quit when asked
- most smokers have had repeated quit attempts prior to successfully quitting
- cutting down before quitting has been shown to be an effective strategy to successfully quit
- you will heal and recover faster post surgery if you quit before
- nicotine is a powerful addictive chemical that reaches your brain faster than heroin

You may also wish to talk with your Health Care Team here or call the Smokers Helpline to start or maintain a plan for stopping smoking for good.

**Quitting smoking is the best thing you can do for your health.
It is never too late to quit.**

Canadian Cancer Society
Société canadienne du cancer

Smokers' Helpline
1 877 513-5333
www.smokershelpline.ca

reference : Ontario Ministry of Health

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