

NY State Quitline (866) 697-8487

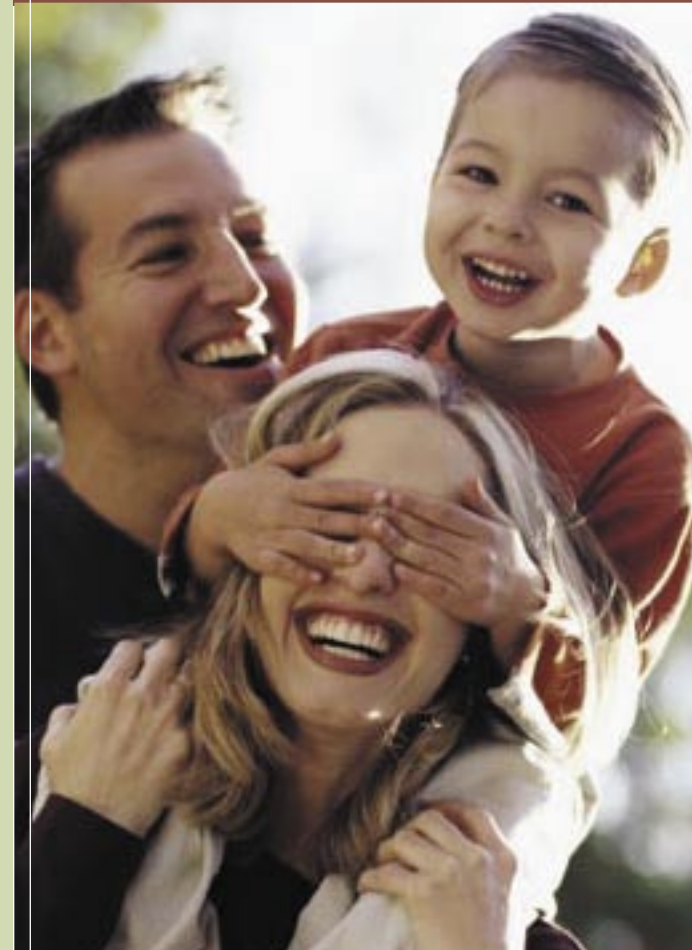
- Speak directly to a smoking cessation counselor
- FREE information is available in several languages on the best ways to quit smoking
- Daily tips to help support you in your quit attempt



Cortland Regional Medical Center
134 Homer Avenue
Cortland, NY 13045
(607) 756-3500
www.cortlandregional.org

For Your Health: The Smoke-Free Environment at Cortland Regional Medical Center

Frequently Asked Questions



Here are a few good tips if you are ready to quit smoking.

- Set a quit date.
- Tell family, friends and co-workers of your quit plan.
- Get rid of all tobacco products.
- Break the tobacco pattern.
- Know your triggers.
- Drink lots of water and juice.
- Use hard candy or gum
- Keep you hands busy.
- Begin an exercise plan.
- Reward yourself.
- Don't be discouraged.
- You can do it!

Remember...never quit quitting!

Frequently Asked Questions

Q. Why is Cortland Regional Medical Center Smoke-Free?

A. As of March 1, 2006, all property owned by Cortland Regional Medical Center will be entirely smoke-free. Our mission is to meet the lifelong healthcare needs of the citizens in the communities we serve. By becoming completely smoke-free, we are furthering this mission. In doing so, we are setting an example of wellness and prevention that is important to the health of our patients, staff and community.

Q. Why was smoking picked instead of other health risks?

A. Tobacco use is the leading preventable cause of disease and death in the United States. By making our environment entirely smoke-free, we are addressing the number one health risk today. In addition, many people are not aware of how smoking affects their health and their ability to recover from illness and surgery. By making Cortland Regional Medical Center smoke-free, we hope to educate people on the health risks linked with smoking.

Q. How does this new policy differ from the previous policy?

A. The previous policy prohibited smoking inside Cortland Regional Medical Center or any of its other buildings, but allowed patients, visitors and staff to smoke in designated areas (smoking huts). The new policy prohibits smoking in all buildings, parking lots, driveways, and sidewalks surrounding our property and within personal vehicles parked on hospital owned property.

Q. What if I do not want to quit smoking?

A. Our policy is not meant to "make" anyone quit. Our policy has two goals:

- 1) To remove smoking from our property so we can better help those who are trying to quit while they are here.
- 2) To make a clear statement that good health and healthcare do not include the use of tobacco.

Q. Where can I smoke?

A. There is nowhere to smoke on Cortland Regional Medical Center property. You must leave the property if you choose to smoke.

Q. If I can't smoke here, what help is available?

A. Our intent is to provide education and assistance to patients and visitors in regard to smoking and smoking cessation. Nicotine replacement products are available to patients with physician order. Our smoking cessation counselors may be contacted at 756-3807. The telephone number for the New York State Quitline is provided in this pamphlet.

No smoking on the grounds or in the buildings of Cortland Regional Medical Center as well as its off campus locations.

