

PROUD TO BE

INFORMATION FOR PATIENTS AND VISITORS

Tobacco-Free

Tufts Medical Center and Floating Hospital for Children are proud to provide tobacco-free environments, both inside and outside. As a major health institution located in the heart of downtown Boston, we function as both an educator and a model for healthy behavior in the community. Smoking is a major cause of heart disease, cancer, stroke and lung disease — illnesses we treat every day. A tobacco-free environment eliminates patient, visitor and employee complaints about secondhand smoke at entrances and exits. We believe it is our responsibility and mission to protect the health and well-being of our patients, their families, visitors, employees and the community as a whole.

What does tobacco-free mean at Tufts Medical Center and Floating Hospital for Children?

Smoking or tobacco use of any kind, including e-cigarettes, is banned inside or within 25 feet of any buildings owned, leased or occupied by Tufts Medical Center. This includes buildings and grounds (building entryways, campus walkways, parking garages and lots), company-owned vehicles at any time, and personal vehicles while on Tufts Medical Center property. In addition, Tufts Medical Center has partnered with Tufts University's Health Sciences campus to prohibit smoking and all tobacco products.

What if I am a patient?

If you are a patient here (including inpatient, outpatient and ambulatory patient) the ban on smoking inside our buildings is expanded to include the property around the buildings. If you are 13 years or older, you will be assessed for tobacco use during admission or during an outpatient visit. For outpatients, your clinician will discuss available options to quit.

If you are admitted to the hospital, you will be given information about our tobacco-free environment. If you and your clinician believe you would benefit from nicotine replacement therapy, the admitting physician will assess you for starting nicotine replacement. Upon discharge, you will receive information and supportive ways to successfully quit smoking.

What if I am a visitor to the Medical Center?

If you are a visitor, there is no smoking while visiting any area of the Medical Center, including within 25 feet of any of our buildings. If you cannot leave the area, we have over-the-counter nicotine replacement products available in 3 locations to help ease your urge to smoke:

- ▶ Atrium 3 Pharmacy (3rd floor near Chop'd and Top'd)
- ▶ Gift Shop in the Atrium Lobby (1st floor at Bennet Street entrance)
- ▶ the Bakery Café (1st floor at 800 Washington Street entrance; open 24/7)

The sale of nicotine replacement products is limited to those over 18 years of age and requires a government-issued identification card.

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Tufts Medical Center



Floating Hospital
for Children
at **Tufts** Medical Center

You Can Quit Smoking!

WHEN YOU SMOKE.....

- ▶ You (and those around you) are at an increased risk for heart attack, stroke and cancer
- ▶ Your heart has to work harder, which raises your blood pressure and heart rate
- ▶ Your lungs become congested
- ▶ It takes longer to recover from illness and surgery
- ▶ Wounds heal slower

- ▶ Make an appointment with your primary care provider
- ▶ Contact your insurance plan to find out what types of quit-smoking medications and counseling are covered
- ▶ Call the **Massachusetts Smokers' Helpline** 1-800-784-8669 (1-800-Quit-Now) for free one-on-one phone support
- ▶ Call the **Quitworks Quit Tips Line** (24 hour recorded messages) 1-800-943-8284
- ▶ Find other resources and support groups in Massachusetts at **www.makesmokinghistory.org**
- ▶ Join a **Facebook** conversation on the Make Smoking History Page

WHEN SOMEONE AROUND YOU IS SMOKING...

- ▶ You are at a greater risk for lung cancer and heart disease, even if you don't smoke
- ▶ Children who live in homes with people who smoke may get sick more often with coughs, wheezing, ear infections, bronchitis or pneumonia
- ▶ Individuals with severe asthma have more frequent attacks
- ▶ The US Surgeon General states that secondhand smoke can cause Sudden Infant Death Syndrome (SIDS)

- ▶ Other toll-free hotlines:
 - ▶ **American Cancer Society**
(1-800-227-2345)
www.cancer.org
 - ▶ **American Lung Association**
(1-800-586-4872)
www.lungusa.org
 - ▶ **National Cancer Institute**
(1-877-448-7848)
www.smokefree.gov

WHEN YOU STOP SMOKING, THE BENEFITS BEGIN IMMEDIATELY....

After quitting for:

- ▶ 20 minutes: Your blood pressure goes down, your pulse rate slows, the temperatures of your hands and feet increase and the chance of having a heart attack begins to decrease
- ▶ Two weeks to three months: Blood circulation and lung function greatly improve
- ▶ One to nine months: Your lungs can start to clean themselves again
- ▶ One year: The risk of a heart attack is half the risk of when you were smoking
- ▶ Five years plus: The risk of having a stroke is lowered to that of a person who never smoked
- ▶ Ten years: Your risk of lung cancer is now half that of people who continued smoking

By using counseling support, you double your chance of quitting for good.

By using medication in addition to counseling, you further increase your chances of quitting for good.

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