

## Help in quitting

Orbost Regional Health understands the difficulties that people experience when they quit smoking.

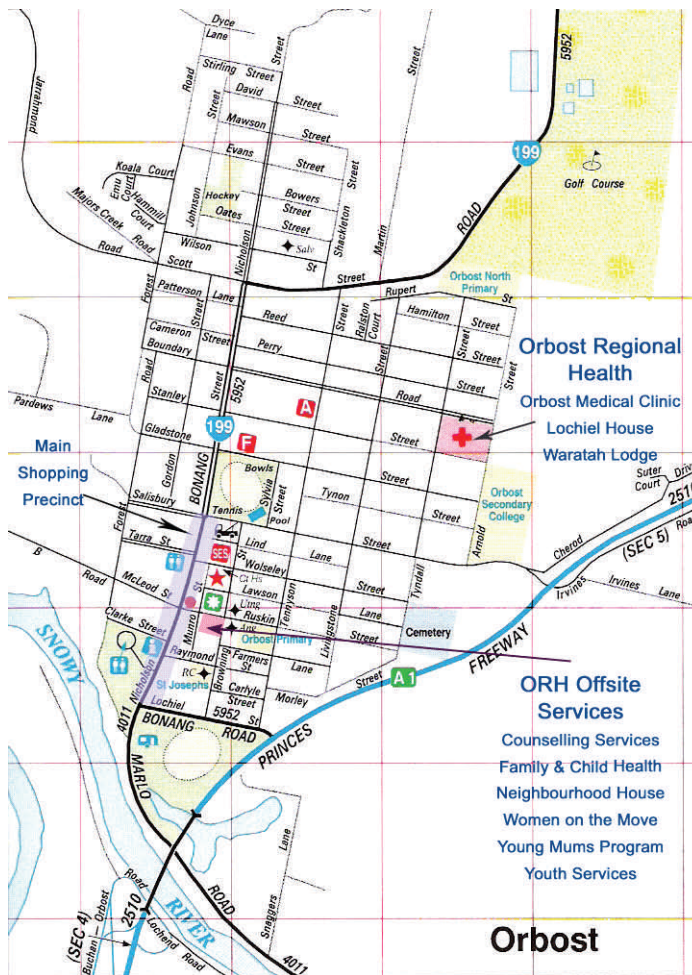
Orbost Regional Health encourages patients and clients wanting to quit smoking to call the **Quitline** or visit the **Quit website** and to talk to their doctor about quitting.

**Quitline:** Phone **13 7848** for free Telephone counselling, information and support.

**Quit pack:** Call **13 7848** for a free information pack, including the Quit Book.

**Quit website:** [www.quit.org.au](http://www.quit.org.au) The Quit website contains information, resources and advice to help you quit. The site also provides a link to the free, interactive web program, **The Quit Coach**.

**For more information about Orbost Regional Health's Smokefree Policy, visit:**  
[www.orh.com.au](http://www.orh.com.au)



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BOUNDARY ROAD

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**TOTALLY  
SMOKEFREE  
FROM  
1 JULY 2007**



**CLEAN AIR FOR ALL**

**Smoking is not permitted anywhere  
within Orbost Regional Health  
facilities and grounds**

*Developed by Orbost Regional Health based on Latrobe Regional Hospital "Totally Smokefree from 1 July 2007" Brochure.*

*Developed May 2007.*

*This brochure is for information purposes only. All information is correct at the time of printing, however no responsibility will be taken for any information which is misused or outdated.*

## Orbost Regional Health's Smokefree Policy

Orbost Regional Health is committed to providing a safe, healthy environment for patients, clients, visitors and staff.

***From 1 July 2007, Orbost Regional Health will be totally smokefree.***

***This means that smoking will not be permitted in any building or outdoor area within the boundaries of any Hospital campus. There will be no areas designated for smoking.***

It is expected that all patients, clients, visitors, staff, contractors and tenants will respect and comply with Orbost Regional Health's Smokefree Policy by not smoking while at our facilities.

### Why are we totally Smokefree?

Orbost Regional Health is a workplace and as such the organisation is legally obliged to provide a safe working environment for staff.

A smokefree environment encourages and supports smokers in their effort to quit smoking.

Passive smoking, or breathing in the smoke of others, is harmful to the health of non-smokers. It is particularly harmful to children and those who are ill.

A smokefree environment will reduce litter and decrease the risk of fires.

## Health effects of smoking

Most people are aware of the dangers of smoking. It affects every part of the body and remains the leading cause of preventable death in Victoria, killing more than 19,000 Australians every year.

### Health effects of passive smoking

As well as affecting the smoker, tobacco smoke also affects those around them.

There is a large amount of evidence that second-hand smoke, also known as Environmental Tobacco Smoke (ETS), is harmful to health.

ETS is a recognised cancer-causing agent, which means that there is no safe level of exposure.

ETS causes diseases and conditions in non-smokers, such as:

#### In adults:

- ◆ Heart disease
- ◆ Lung cancer
- ◆ Irritation to eyes, nose and throat

#### In children:

- ◆ Sudden Infant Death Syndrome (SIDS)
- ◆ Lower birth weight
- ◆ Bronchitis and pneumonia
- ◆ Asthma
- ◆ Middle ear disease

Passive smoking has also been linked to cervical and breast cancer, stroke, meningococcal disease and difficulty breathing after surgery.

## Smoking and surgery

Smoking increases the risks of serious complications during and after surgery.

If you smoke, you are more at risk of:

- ◆ Starving your heart of oxygen
- ◆ Blood clots forming
- ◆ Wound infection
- ◆ Slower healing of bones and skin
- ◆ Difficulty breathing during and after surgery
- ◆ Changes in the effectiveness of drugs

These risks can be reduced by quitting for eight or more weeks before surgery.

### Benefits of quitting

There are many good reasons to quit smoking. Here are just a few of the benefits:

- ◆ Your sense of smell and taste will improve.
- ◆ Within a month your blood pressure will return to normal.
- ◆ After a year, your risk of dying from heart disease is half that of a continuing smoker and you will save about \$3000.
- ◆ After 15 years, your risk of heart attack and stroke is almost the same as that of someone who has never smoked.
- ◆ You will protect your family and friends from the dangers of passive smoking.