

# StV

a breath of fresh air



*St Vincent's is now  
totally smoke free*

*Information for patients and visitors*



As of 1 July 2009, St Vincent's is a totally smoke free environment. Smoking is not permitted in our buildings, vehicles or in outdoor areas within the boundary of any of our sites.

### **Why can't I smoke at St Vincent's?**

Smoking is not only damaging to your health, it exposes others to environmental tobacco smoke (sometimes called passive smoking). Environmental tobacco smoke is known to cause cancer and contribute to heart disease, bronchitis and other respiratory problems.

You will be helping provide a safer environment for patients, visitors and staff by not smoking when you are on our premises.

### **What do I do if I need to smoke?**

Smoking is not permitted anywhere on St Vincent's property. This includes the courtyard and café areas.

Patients can request to receive Nicotine Replacement Therapy (NRT) free of charge for the duration of their stay and will be referred to QUIT when they are discharged.

Please let our staff know if you would like to receive NRT.

St Vincent's strongly encourages you to think about the impact smoking has on your health and consider taking steps to quit. If you choose to smoke, you must leave our grounds and will do so at your own risk.

### **Reasons to quit**

Smoking increases your risk of cancer, cardiovascular disease and lung diseases such as emphysema. It also weakens your immune system and affects your body's ability to heal.

Smokers are at greater risk of complication during surgery and are likely to take longer to recover. The good news is, you can start to reduce some of these risks by quitting and remaining smoke free.



## *More information*

Contact QUIT on **13 78 48** or go to [www.quit.org.au](http://www.quit.org.au)