

Reasons to quit smoking

- Tobacco smoking is a proven risk factor for a range of fatal and debilitating diseases and conditions such as cardiovascular disease, stroke and cancer.
- Most of the adverse health effects from smoking decline rapidly after quitting.
- Just 20 minutes after stopping smoking the heart rate reduces.
- After 12 hours blood levels of carbon monoxide reduce dramatically.
- After one year the risk of coronary heart disease is halved.
- 10 to 15 years after quitting the risk of coronary heart disease and stroke is the same as someone who has never smoked.
- Smoking is an expensive habit. Smoking one \$10 pack of cigarettes per day, will cost \$3,650 per year, and over five years that is \$18,250.

**For Help to quit smoking call
Quitline 131 848**

TOTALLY SMOKE FREE
PROVIDING A HEALTHIER, SAFER AND CLEANER ENVIRONMENT

All correspondence to:
Chief Executive
PO Box 330
Bacchus Marsh VIC 3340

**Bacchus Marsh & Melton
Regional Hospital:**
www.bacchusmarshhospital.com.au
Grant St, PO Box 330
Bacchus Marsh VIC 3340

Ph: +61 3 5367 2000
Fax: +61 3 5367 4537

**Grant Lodge
Residential Aged Care:**
www.grantlodge.com.au
6 Clarinda St, PO Box 330
Bacchus Marsh VIC 3340

Ph: +61 3 5367 9627
Fax: +61 3 5367 8023

Melton Health:
www.meltonhealth.com.au
195 - 209 Barries Road
Melton West VIC 3337

Ph: +61 3 9747 7600
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**Bacchus Marsh
Community Health Centre:**
www.djhscommunity.com.au
Turner St, PO Box 330
Bacchus Marsh VIC 3340

Ph: +61 3 5367 9674
Fax: +61 3 5367 4274

**Melton East
Community Health Centre:**
www.djhscommunity.com.au
Brookside Central, Level 1
Federation Way
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**Melton
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Cnr. High & Yuille Sts,
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Smokefree Health Service Policy

Information for Patients & Visitors



 **djerriwarrh health services**
health hospital community
bacchus marsh - melton - melton east

Smokefree Health Service Policy

Djerriwarrh Health Services' (DjHS) Smokefree policy aims to provide totally smokefree health care facilities and sites.

As of 31 January 2008, all DjHS facilities including Bacchus Marsh and Melton Regional Hospital, Melton Health, Community Health Centres, grounds, carparks, buildings and vehicles are completely smokefree.

Under this policy visitors, patients and staff must not smoke anywhere on any health service sites.

Implementing this policy shows that Djerriwarrh Health Services is committed to protecting the health of our staff, visitors and patients by providing a smokefree environment.



Your questions answered...

What does going smokefree mean?

Patients, visitors and staff will no longer be permitted to smoke on any of the DjHS campuses and sites.

All designated smoking areas will be removed and smokers will be required to refrain from smoking or smoke outside the perimeter of the site or campus.

Why is providing a smokefree environment important?

DjHS is progressing to totally smokefree sites to:

- reduce the harm associated with breathing in other people's smoke
- improve the health of staff, patients and visitors by encouraging them not to smoke
- meet our occupational health and safety obligations to provide a safe working environment.

Smoking is recognised as the single largest preventable cause of death and disease in Australia. We are all affected when exposed to tobacco smoke. Medical evidence has confirmed that tobacco smoking and passive smoking are harmful to your health and are a cause of heart disease, stroke, several forms of cancer, bronchitis and can worsen the effects of asthma.

DjHS is asking patients, visitors and staff not to bring cigarettes onto any of our sites.

What support will be available to for patients who smoke?

In recognising the addictive nature of tobacco, the Smokefree Health Service policy incorporates support for patients to minimise withdrawal symptoms while in hospital.

Suitable nicotine dependant patients will be offered Nicotine Replacement therapy (patch or gum) to manage nicotine withdrawal symptoms during their hospital stay.

Patients wishing to use their stay in hospital as an opportunity to commence a quit attempt will be offered referral to the Quitline telephone counselling service on discharge.

What if a visitor/patient does not comply with the smokefree health service policy?

It is a condition of entry that visitors, staff and patients do not smoke on any DjHS grounds, carparks, building or in our vehicles.

Visitors and patients not complying with the policy will be asked to put out their cigarettes or move off the health service site.

If the person refuses to leave, the normal processes for managing people who refuse to leave when requested to do so, will be followed.