

FOR IMMEDIATE RELEASE

May 23, 2008

Media Contacts

Sutter Solano Medical Center

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Tobacco Cessation Workshop
Slated for May 31 at Sutter Solano Medical Center
Solano County health campus to go smoke-free on July 1

VALLEJO, Calif. — In anticipation of Sutter Solano Medical Center (SSMC) adopting a smoke-free policy on July 1, a tobacco cessation workshop will be offered to employees, patients and the greater community.

The three-hour workshop is designed to help smokers take control of their habit and become nicotine free. Participants will receive information that includes tips for overcoming the physical addiction, stress management techniques, pharmaceutical resources and advice on breaking the smoking/tobacco habit.

The workshop will take place from 9:00 a.m. to noon on Saturday, May 31 in the basement classrooms at SSMC, located at 300 Hospital Drive in Vallejo. The cost is \$25 to register; however, participants will receive a full refund upon completion of this three-hour course.

In California, the tobacco smoking population is down to 13 percent, and in the U.S. 25 percent of the population are smokers, according to the California Department of Public Health. California has the second-lowest adult smoking rate in the nation; only Utah's is lower.

The SSMC campus will be tobacco free effective July 1, 2008. In addition to building interiors, the tobacco-free zone will include parking lots and outside break areas.

A taskforce composed of employees has been at work to ensure the policy's implementation process runs smoothly. They have provided employees with copies of the new tobacco policy, posted signs throughout the campus, and made employees aware of the variety of programs available for quitting tobacco use.

“For staff, Cold Turkey Days will be held, during which gum, mints and turkey sandwiches will be substituted for cigarettes,” says La Tanya Hawkins, learning and development supervisor at SSMC. “We’ll also offer quit-smoking kits and smoking cessation classes to patients, employees and community members. Physicians will be on hand to help by prescribing medication or suggesting over-the-counter resources to help people quit smoking.”

The Environmental Protection Agency has declared second-hand smoke to be a “class A carcinogen,” known to cause cancer in non-smokers. Michael Luu, M.D., a board-certified pulmonologist, says, “Second-hand smoke, also known as environmental tobacco smoke, is the by-product given off by the burning end of a cigarette, pipe or cigar, and the smoke exhaled from the lungs of smokers. It is involuntarily inhaled by non-smokers and can cause or intensify a wide range of adverse health effects, including cancer, respiratory infections and asthma.”

Hawkins says early response to the policy has been very positive, even from smokers, who understand that its underlying goal is to promote a healing environment.

To register for the May 31 tobacco cessation workshop, please send a \$25 check made payable to SSMC to: SSMC Education Department, 300 Hospital Drive, Vallejo, CA 94589. For additional questions please call 707-554-5066.

About Sutter Solano Medical Center

For more than 100 years, SSMC has been committed to the community by providing emergency care, delivering babies and serving others in time of need. The hospital has 102 licensed beds and is fully accredited by The Joint Commission, an independent, non-profit with the mission to continuously improve the safety and quality of care provided to the public.

Sutter Solano Cancer Center is fully accredited by the Commission on Cancer of the American College of Surgeons—a recognition only one in four cancer centers receive. Comprehensive cancer services include chemotherapy, radiation therapy, community education, a resource library and support services.

SSMC is part of Sutter Health, a not-for-profit network of hospitals, doctors, and nurses who share expertise and resources to advance health care quality.

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