



# GRAND ROUNDS

It's a new year, full of fresh possibilities and promise. Many of us look at the change in calendar as good motivation and resolve to become healthier—either by losing weight, becoming more active or by quitting smoking.

The week of January 16 to 22 is National Non-Smoking Week, an event established in 1977 by the Canadian Council for Tobacco Control to create more awareness about the dangers of smoking.

Their theme for this year is “There are hundreds of reasons to quit... what's yours?”

Did you know that if you smoke, there's a greater chance of you having children who grow up to be smokers?

If that's not enough to deter you, then maybe the fact that smoking damages your blood vessels and can lead to peripheral arterial disease may be the reason for you to put that cigarette down.

Willard McDermid has smoked for 55 years and his reason for quitting is that he knows his body won't handle much more if he lights up again.

He was admitted to the hospital with a bad bout of pneumonia during the holidays and was prescribed the patch as nicotine replacement therapy to help reduce withdrawal symptoms.

The Calabogie resident says he is planning to not smoke once he is well enough to go home.

“But it hasn't bothered me in the least,” he says about the absence of a cigarette in his hand in the last few weeks.

The smoking cessation statistics from the hospital's patients and even some staff are encouraging to life-long smokers like McDermid.

In-patients of RVH committed to butting out are doing so more successfully now than compared to just four years ago—going from just a seven percent quit rate to 14 percent last year.

In 2006, RVH partnered with The Ottawa Model for Smoking Cessation (OMSC), a part of the broader Champlain Cardiovascular Prevention Network (CCPN). Health care staff ensures that

patients willing to quit are given an appropriate nicotine replacement therapy, educational materials and enhanced support from their care providers.

“RVH has been an active participant in this program and our patient participation shows that this program is making a difference for our patients at RVH with such a drastic increase in success rates,” says vice-president of Patient Care Services, Christene Ferguson.

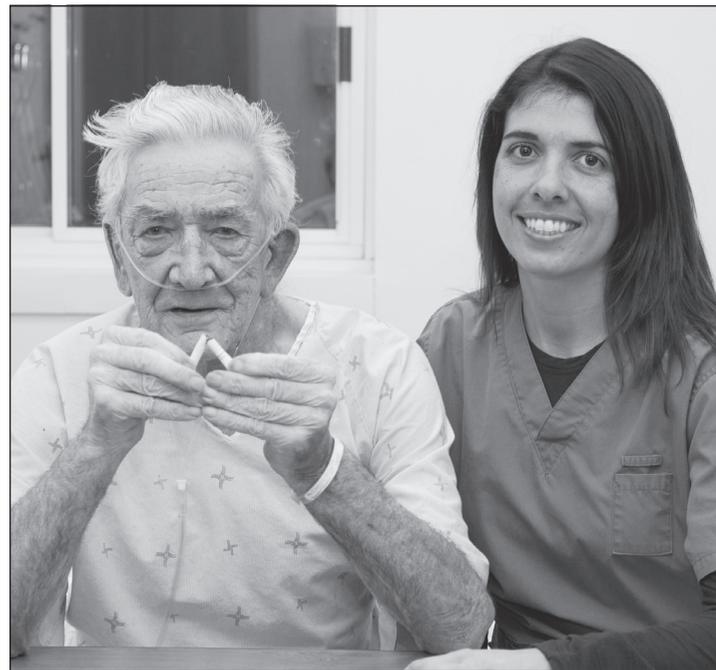
As part of a new initiative from OMSC, patients will have an extra helping hand in living life without cigarettes once they are discharged from the hospital. The Smart Card program is a type of debit card offered to patients through OMSC to purchase prescribed non-smoking aides from any pharmacy.

Smoking cessation champion Stephanie Wright says it's not uncommon to hear patients say they really want to quit for health reasons, but can't afford the nicotine replacement therapy.

“Now there's really not much excuse. OMSC is providing \$110 on this Smart Card as long as they have a doctor's prescription and agree to the follow-up program,” she adds.

Anyone willing to quit smoking has access to wonderful support even if they're not in the hospital, says Wright.

If your resolution is to go smoke-free in 2011, visit the Canadian Cancer Society at [www.cancer.ca](http://www.cancer.ca) or call the Smokers' Helpline at 1-877-513-5333.



**RVH smoking cessation champion Stephanie Wright offers support to patients like Willard McDermid who commit to quit smoking.**