

## Tobacco Treatment Resources

Local, state and national tobacco treatment resources are included in this fact sheet for users who would like to quit. Inside, maps highlight the boundaries of the tobacco-free zone around UK HealthCare campus facilities.

### Kentucky's Tobacco QuitLine

One-on-one counseling in English or Spanish  
9 a.m. – 9 p.m., M – F  
Toll free 1-800-Quit Now (1-800-784-8669)

### Kentucky Clinic Pharmacy

Counseling, nicotine replacement therapies,  
educational materials  
859-323-5855  
[www.kyclinicpharmacy.com](http://www.kyclinicpharmacy.com)  
(click "Ask a Pharmacist")

### Fayette County Health Department

Adult and Youth Tobacco Cessation Programs  
859-288-2327  
[www.lexingtonhealthdepartment.org](http://www.lexingtonhealthdepartment.org)  
(click "Community" then "The Tobacco Use Cessation and Prevention Program")

### Kentucky Cancer Program

Cooper/Clayton Method to Stop Smoking  
Available in 120 Kentucky counties  
Toll free 1-866-495-9888  
[www.kcp.uky.edu/cc\\_classesnew.html](http://www.kcp.uky.edu/cc_classesnew.html)

### National Cancer Institute's Quitline

Tobacco counseling in English and Spanish  
Toll free 1-877-44U-QUIT  
[www.cancer.gov/cancertopics/smoking](http://www.cancer.gov/cancertopics/smoking)

### MedlinePlus®

Smoking cessation references  
[www.nlm.nih.gov/medlineplus/smokingcessation.html](http://www.nlm.nih.gov/medlineplus/smokingcessation.html)

### *Tobacco-free policy*

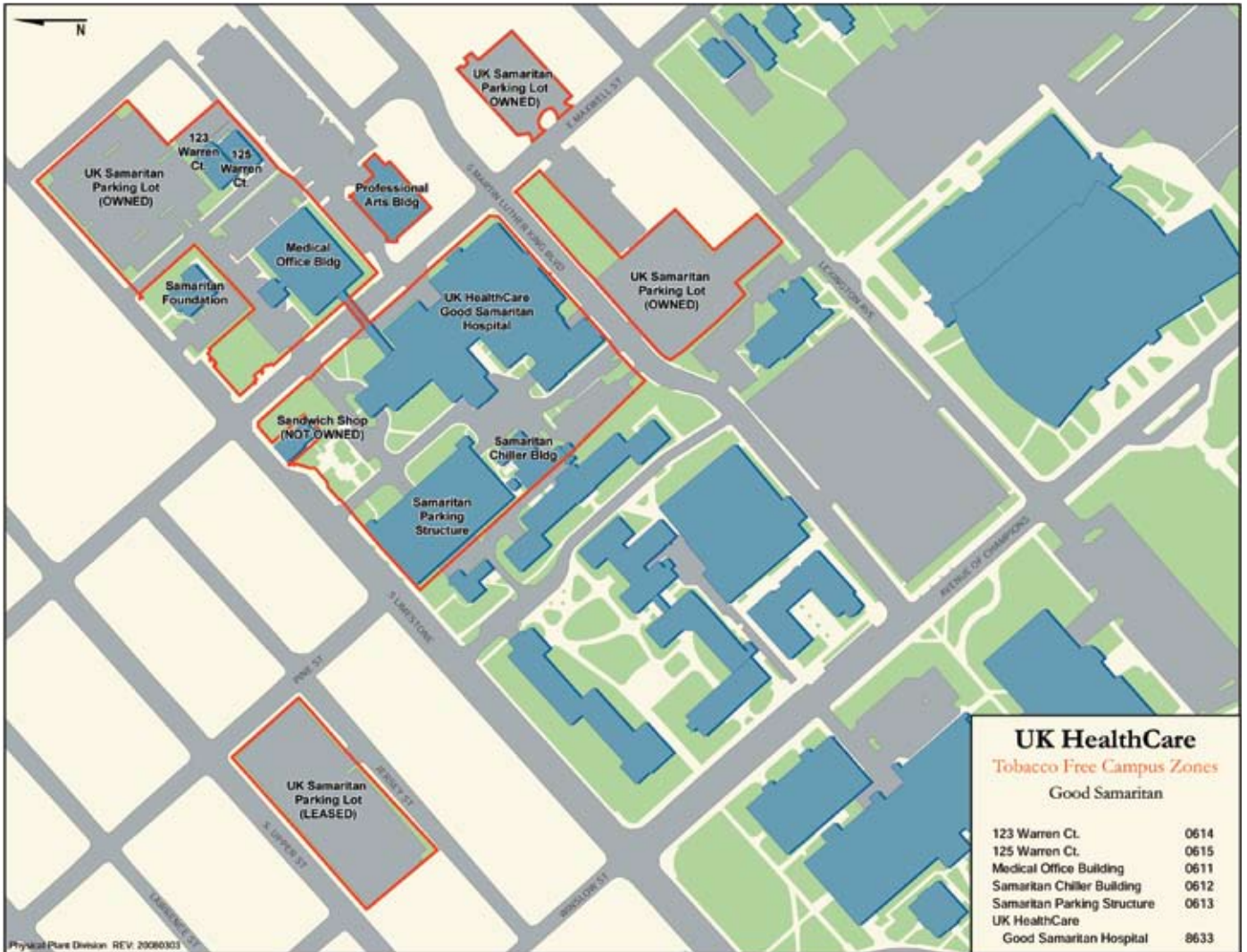
On Nov. 20, 2008, in conjunction with the next Great American Smokeout, UK HealthCare is implementing a policy that does not allow use of tobacco products in or around any of its facilities. In taking this action, UK HealthCare joins 13 other medical facilities in Lexington and surrounding communities in going tobacco free. This policy reinforces our obligation as a leading health care provider in striving to ensure a healthy environment for all of our patients, visitors, physicians and staff.

### *Free Information from UK HealthCare*

UK HealthCare also offers the following informative brochures from the American Cancer Society and the National Institutes of Health that explain the health effects of using tobacco and ways to quit:

- Why Do You Smoke?
- The Smoke Around You: Secondhand Smoke in the Workplace, Public Places, and Home
- Living Smoke-free for You and Your Baby
- Cold Hard Facts About Dip
- Questions About Smoking, Tobacco, and Health...

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UK Good Samaritan Hospital tobacco-free zone inside red boundaries

### And the Answers

- Deciding How to Quit: A Smoker's Guide
- Spit Tobacco: A Guide for Quitting

To request a free copy of any of these publications, call UK Health Connection at **859-257-1000** or toll-free **1-800-333-8874**.

### *We care*

UK HealthCare values the health and well-being of everyone who uses our facilities. If you use tobacco products and would like to quit, discuss with your physician or other health care provider which of the approaches may work best for you.

### *Frequently Asked Questions*

*What does tobacco-free environment mean?*

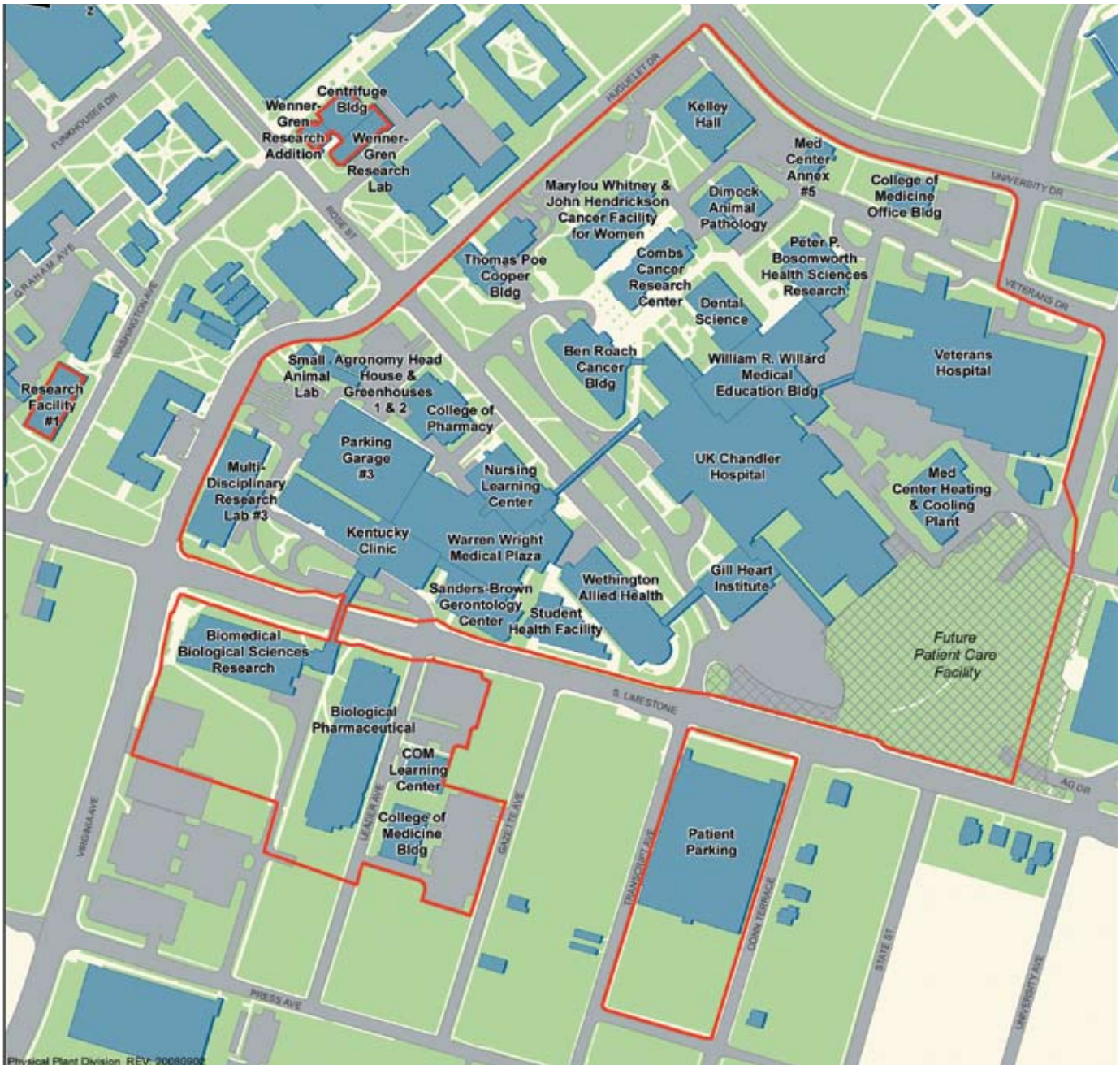
Smoking or use of any tobacco product will not be permitted in any facility or on any grounds owned or leased by UK HealthCare.

*What is considered a tobacco product and therefore prohibited by this policy?*

Tobacco products include, but are not limited to, cigarettes, cigars, chewing tobacco, snuff and pipes.

*What areas of the UK HealthCare campus are included in the policy?*

The areas outlined in red on the maps in this fact sheet are covered by the tobacco-free policy. Maps are available at information desks or the Customer Service



University of Kentucky medical center tobacco-free zone inside red boundaries

offices located at UK Chandler Hospital and Good Samaritan Hospital. By Nov. 20, 2008, clearly visible signs will also be in place to indicate tobacco-free boundaries.

*Does the tobacco-free environment extend to off-campus facilities?*

Yes. The use of tobacco products is prohibited in all UK HealthCare off-campus structures and facilities such as Kentucky Clinic South, Polk-Dalton Clinic and

Good Samaritan Hospital. UK HealthCare employees working in leased properties will not be allowed to use tobacco within 20 feet of the leased building.

*Do employees, patients and visitors have to quit using tobacco?*

No. UK HealthCare is not asking anyone to quit. This policy simply means that can no one use tobacco products on UK HealthCare property.

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*Can one use tobacco products in the parking garages or shuttles?*

No. The policy prohibits use of tobacco products in any parking structure, parking lot or shuttle serving UK HealthCare facilities.

*Is the entire University of Kentucky campus going tobacco free?*

No. The tobacco-free zone applies only to facilities and grounds used by UK HealthCare. The university will continue to enforce its own policy regarding use of tobacco products at its facilities and grounds on and off the main campus. The university's tobacco policy is located at <http://www.uky.edu/Regulations/AR/ar046-2.pdf>. It prohibits smoking in all owned, operated, leased or controlled University buildings and structures, parking structures, enclosed bridges and walkways and vehicles. It also prohibits smoking outside buildings within 20 feet of entrances, exits, air intakes and windows.

*Can I smoke at the VA?*

As a federal facility, the VA Hospital will enforce its own policies regarding tobacco use. Its smoking facilities only accommodate VA patients, visitors and personnel. The VA Hospital has asked to be included in the university's tobacco-free zone as an indication that UK personnel, patients and visitors are not to use tobacco on VA property. Violators are subject to a federal citation.

*Why can't individuals use tobacco products outside of UK HealthCare facilities?*

Tobacco use, smoking and second-hand smoke have been proven hazardous to a person's health. UK HealthCare strives to provide an overall healthy environment to employees, patients and visitors, indoors and outdoors.

*Are other hospitals going tobacco-free?*

Yes. Thirteen medical facilities in Lexington and surrounding communities—and more than 48 throughout Kentucky—have announced their intention to implement similar plans. Numerous hospitals and medical centers across the United States already have similar policies in place.

*What is UK HealthCare doing to help employees who want to quit using tobacco products?*

UK HealthCare offers a variety of treatment resources to help employees quit, including a prescription benefit, health and wellness programs on tobacco treatment, as well as counseling on nicotine replacement and other therapies through Kentucky Clinic Pharmacy.

*What if someone is in great stress and really needs to use a tobacco product?*

UK HealthCare recognizes that a cultural change of this magnitude can take time. Resources are available to help users manage tobacco use. Nicotine replacement gum will be sold in Chandler Hospital and Good Samaritan Hospital gift shops. Over-the-counter and prescription products are also available at Kentucky Clinic Pharmacy (employees may also use the University Health Service pharmacy).

*How do patients who are dependent on tobacco seek help?*

UK HealthCare is training its clinicians how to determine a patient's level of tobacco use and make arrangements to provide them with appropriate resources such as nicotine replacement options and other therapies for managing or quitting tobacco use. Ask for our brochure titled "Tobacco Use: What to Expect as a Patient." This brochure is available from Customer Service, in literature racks or by calling UK Health Connection at 859-257-1000 or toll free 1-800-333-8874.

