

Help in Quitting

Call our Cessation Smoking Clinic to discuss quitting methods and products available?

Many people find that going 'cold turkey' and simply stopping smoking, works for them but there are other support methods, including

- Courses
- Nicotine Replacement Therapy
- Nicotine Patches
- Nicotine Gum & Lozenges
- Nicotine Inhalers

Compliments and Complaints

If at any time you have a concern or comment to make, please do not hesitate to contact the Chief Executive Officer on 0260 71 5200 or write to PO Box 77, Tallangatta VIC 3700

or contact the Health Services Commissioner, 30th floor 570 Bourke Street, Melbourne 3000

Phone: 1800 136 066 or the complaints line 03 8601 5200



Tallangatta Health Service is a flexible and dynamic provider of services that meets the changing needs of our rural community



Tallangatta Health Service

is a

smoke free facility

Available at Tallangatta Health Service.

- Medical Centre
- Bolga Court : Residential & Respite
- Lakeview Nursing Home
- Respite Care
- Acute Hospital Care
- Home And Community Care
- District Nurse
- Occupational Therapist
- Meals on Wheels
- Women's Health
- Asthma Education
- Dietician
- Diabetes Education
- Exercise Classes, and Strength Training
- Podiatry
- Physiotherapy
- Bowen Therapy
- Activity Day Centre
- Social Worker
- School Dentist
- Red Cross Car
- Community Bus Hire
- Room Hire
- Cessation Smoking
- OSCH Childcare

Phone reception for more details. 0260 71 5200

TOTALLY SMOKE FREE



**PO Box 77
25 Barree Street
Tallangatta
VIC 3700**

**Phone: 0260 71 5200
Fax: 0260 71 2795
Email: THS@ths.vic.gov.au**

Totally Smoke Free Policy

- All Tallangatta Health Service sites are now 'Totally Smoke Free' in accordance with Victorian Legislation. This will create a healthier, cleaner and safer environment for patients, residents, visitors and staff.

Smoking is not permitted in any building, outdoor area or vehicle within the boundaries of Tallangatta Health Service.

It is expected that all patients, residents, staff and visitors will respect this official Tallangatta Health Service policy. Staff are expected to comply with the policy in accordance with their respective contracts of employment and non-compliance, will be viewed by Tallangatta Health Service as willful misconduct.

Why is being 'totally smoke free' important to us?

At Tallangatta Health Service, health is our business. We are therefore dedicated to protecting and promoting the health of our patients, staff and visitors.

We also recognize our responsibility as occupiers of a public venue to protect the health and safety of the public, and our responsibility to protect our staff's health and safety in the workplace. This means eliminating exposure to Environmental tobacco Smoke (ETS)

Why should we prevent ETS exposure?

ETS is a Class A Carcinogen (cancer causing agent). This means there is no safe level of exposure. It is estimated that 11 people who have never smoked die each year in Australia due to ETS exposure. ETS exposure can:

- Cause or worsen many kinds of cancer as well as heart disease, bronchitis and other respiratory diseases
- Begin the process of narrowing of the arteries that leads to heart disease
- Increase the likelihood of non-smokers developing lung cancer by 20 to 30 per cent

How does the policy help smokers to quit?

Helping smokers who want to quit is an important part of the policy. Assistance includes professional advice from our cessation coordinator.

Some good reasons to QUIT

For your health

Tobacco contains nicotine which is highly addictive drug.

Tobacco smoking can lead to

- All types of cancer
- Heart and blood vessel disease
- Lung disease including emphysema
- Less oxygen being carried around the body
- Stickier blood that is more prone to clotting
- Reduced functioning of the immune system

- Reduced bone density
- Reduced sperm count for men and
- Reduced fertility for women

For yourself and your family

Quitting smoking also means you

- Protect family and friends from the dangers of passive smoking
- Feel more comfortable in smoke-free places
- Can be free of the smell of smoke
- Save money spent on cigarettes
- Can increase your confidence and improve your appearance

The Quitting Process

Preparing to QUIT

Planning leads to success. The four stages of getting ready to quit are:

1. Understanding your nicotine addiction
2. Knowing why you smoke
3. Planning ways to deal with quitting
4. Setting a date to quit

