

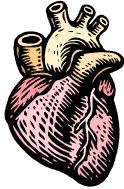


Smoke Signals

Vol. 7/Aug 25, 2005

Remember the Date: Nov. 17, 2005

Beneficial health changes that take place after you quit smoking:



20 minutes - Blood pressure and pulse rate return to normal.

8 hours - Nicotine and carbon monoxide levels in blood reduce by half, oxygen levels return to normal.

24 hours - Carbon monoxide will be eliminated from the body. Lungs start to clear out mucus and other smoking debris.

48 hours - There is no nicotine left in the body. Ability to taste and smell is greatly improved.

72 hours - Breathing becomes easier. Bronchial tubes begin to relax and energy levels increase.

2 - 12 weeks - Circulation improves.

3 - 9 months - Coughs, wheezing and breathing problems improve as lung function is increased by up to 10%.

1 year - Risk of a heart attack falls to about half that of a smoker.

10 years - Risk of lung cancer falls to half that of a smoker.

15 years - Risk of heart attack falls to the same as someone who has never smoked.



Smoking Cessation Products Available at Cost through SLH (Prices include tax)

Nicotine Patches 21 mg (14 patches)	\$24.73
Nicotine Patches 14 mg (14 patches)	\$24.74
Nicotine Patches 7 mg (7 patches)	\$14.58
Nicotine Gum 4 mg (110 pieces)	\$25.54
Nicotine Gum 2 mg (110 pieces)	\$25.54
* Zyban 150 mg (Rx 60 tablets)	\$53.74

* requires your physician's referral

Violations of SLH Smoking Policy: Staff members who smoke on SLH premises will be subject to corrective action up to and including termination.

- 1) The first violation will result in documented referral to the Smoking Cessation Program. Participation in this program will be voluntary.
- 2) The second violation will result in mandatory referral to the Smoking Cessation Program and written corrective action being issued to the staff member.
- 3) The third violation will result in a final warning and a one-day Positive Discipline Suspension. **The staff member will be informed that any subsequent violation may result in immediate termination from employment.**
- 4) Suspension and/or immediate termination may be recommended for the first smoking violation in areas where combustible supplies, flammable liquids, gases or oxygen are used or stored or where other circumstances may warrant.

Worried about Withdrawal Symptoms?

Withdrawal symptoms are the physical and mental changes that occur following interruption or termination of drug use. They are normally temporary and are a product of the physical or psychological adaptation to long-term drug use, requiring a period of readjustment when the drug is no longer ingested. In the case of smoking, some of these are:

Withdrawal symptom, Duration & Proportion of those trying to quit who are affected

- Irritability / aggression** - Less than 4 weeks - 50%
- Depression** - Less than 4 weeks - 60%
- Restlessness** - Less than 4 weeks - 60%
- Poor concentration** - Less than 2 weeks - 60%
- Increased appetite** - Greater than 10 weeks - 70%
- Light-headedness** - Less than 48 hours - 10%
- Nighttime awakenings** - Less than 1 week - 25%
- Craving** - Greater than 2 weeks - 70%