

The Tobacco-Free Environment Policy Applies to the Following South Shore Hospital Owned Or Leased Properties

Weymouth

- 55 Fogg Road
- 62, 65, 85, and 101 Columbian Street
- 90 Libbey Parkway
- 780, 797 851, 1032, and 1221 Main Street
- 100 Pleasant Street
- 2 West Street

Braintree

- 100 Bay State Road
- 340 Wood Road

Cohasset

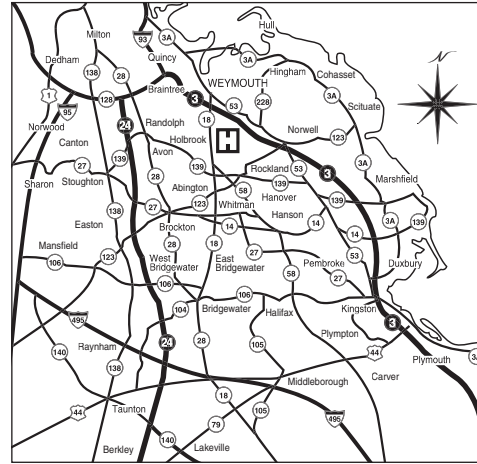
- 223 Chief Justice Cushing Highway

Plymouth

- 118 Long Pond Road

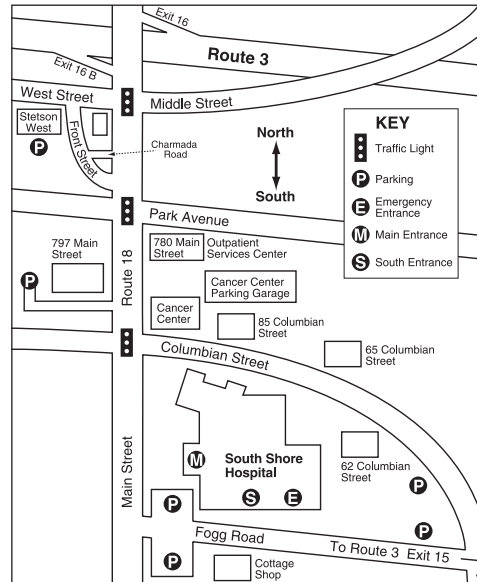
This list includes all employee, patient, medical staff and visitor parking adjacent to these properties.

South Shore Hospital Service Area



Directions to South Shore Hospital:
 Northbound on Route 3, take exit 16; southbound take exit 16B. Travel south on Route 18 (Main St.). At third traffic light, turn left on Columbian Street. Turn right on Fogg Road, pass the hospital's emergency entrance on your right, and then turn right into the main entrance parking lot.

South Shore Hospital Campus



Tobacco-Free Environment

Guidelines and Support Programs



South Shore Hospital

55 Fogg Road
 South Weymouth
 Massachusetts
 02190-2455
 (781) 624-8000
 southshorehospital.org

609-6012-H-21



South Shore Hospital

Thank You for Helping South Shore Hospital Maintain a Tobacco-Free Environment

The use of tobacco and tobacco-like products is not allowed on South Shore Hospital properties, including buildings, grounds, parking lots/garages, or vehicles on hospital property.

For the Good Health of All

As of September 1, 2009, South Shore Hospital became a completely tobacco-free environment. Smoking and the use of tobacco or tobacco-like products are prohibited anywhere on hospital property.

As members of the health care community, we witness the devastating toll tobacco takes on the lives of our patients, family and friends. Smoking is the leading cause of many serious illnesses — heart disease, emphysema and cancer in particular — and exposure to secondhand smoke is proven to cause heart disease and lung cancer.

South Shore Hospital's decision to eliminate the use of tobacco and tobacco-like products on hospital property supports our mission. South Shore Hospital exists to benefit the people of our region by promoting good health, and by healing, caring and comforting. Our new policy is not a campaign against people who smoke or use tobacco and tobacco-like products, but an effort to create a healthier community and address a serious public health issue.

Thank you for observing our tobacco-free environment policy. Your cooperation is appreciated and supports our commitment to building a healthier community.

The Benefits of Quitting Increase Over Time

When smokers quit, the body immediately begins to change.

- At 20 minutes after quitting, blood pressure decreases and pulse rate drops.
- At 24 hours, the chance of a heart attack decreases.
- At 2 weeks to 3 months, circulation improves and lung function increases.
- At 1 to 9 months, coughing, sinus congestion, fatigue, and shortness of breath decrease.
- At 1 year, excess risk of coronary heart disease is decreased to half that of a smoker.
- From 5 to 15 years after quitting, stroke risk is reduced to that of people who have never smoked.
- At 10 years, risk of lung cancer drops to as little as one-half that of continuing smokers and risk of cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases.

Source: American Cancer Society

Supporting Your Choice

Although South Shore Hospital believes that giving up smoking and the use of other tobacco and tobacco-like products is in the best interest of all, we respect that it is a personal decision and that some individuals will choose to continue to use tobacco and tobacco-like products. Our intent is to support tobacco users in our community — patients, visitors and colleagues — in their attempts to quit or in finding alternative ways of coping while they are on South Shore Hospital property.

You CAN Quit

South Shore Hospital offers the “You CAN Quit” smoking cessation program to help you better understand your habit, address the effects of smoking on your health, identify the benefits of quitting, and use alternative strategies and resources to help you stop smoking and maintain a smoke-free lifestyle. For further information or a schedule of meeting times, please contact our smoking cessation coordinator at (781) 624-8904.

Nicotine Replacement Products

Nicotine replacement products and other resources are available to South Shore Hospital patients when applicable and prescribed by a physician. Visitors may purchase nicotine gum and other non-prescription nicotine replacement products at The Friendly Gift Shop.

Tobacco Cessation Resources

Try-To-Stop Tobacco Resource Center

www.TrytoStop.org

Quitworks

www.Quitworks.com

Freedom from Smoking Online

www.FFSonline.org

Nicotine Anonymous®

(877) 879-6422 or www.SmokeFree.gov

Centers for Disease Control and Prevention

(800) CDC-INFO (800-232-4636)
www.cdc.gov/tobacco/quit_smoking

Quitline®

(800) QUIT NOW (800-784-8669)

Many towns also have access to tobacco cessation initiatives in their respective areas. Please contact your local town hall and ask about the availability of tobacco cessation information or programs.