

Use this guide to learn more about:

- The CMHC Tobacco-Free & Smoke-Free Policy
- Tobacco Treatment Resources

Central Maine Healthcare is

TOBACCO-FREE & SMOKE-FREE

For Your Health



Central Maine Medical Center • Bridgton Hospital • Rumford Hospital

www.cmhc.org



Central Maine Healthcare Tobacco-Free & Smoke-Free Policy

For the health and safety of our patients, visitors, and employees, smoking and tobacco use are not allowed on Central Maine Healthcare property, including all parking lots.

Use of the following is not permitted on CMHC property:

- Cigarettes
- Cigars
- Pipe smoking
- Electronic cigarettes
- Chewing tobacco
- Snuff
- Marijuana
- Other non-approved FDA devices

This policy helps us keep patients, visitors, and employees safe from second- and third-hand smoke, and supports those who are trying to quit tobacco use. Thank you for your commitment to a healthier community.

Symptoms of Nicotine Withdrawal

When smokers cannot smoke or otherwise use tobacco, they may become uncomfortable and feel symptoms of withdrawal from nicotine, the addictive drug in tobacco.

Symptoms may include:

- Irritability
- Anxiety
- Depressed mood
- Trouble sleeping

Help for Nicotine Withdrawal

Nicotine replacement therapy (NRT), such as patches or lozenges, can relieve some of these feelings and make your hospital stay or healthcare visit more comfortable. NRTs can be used when stopping tobacco use temporarily or permanently.

Tobacco treatment services are available during your hospital stay. This includes counseling, support, and medication to manage cravings or help with quitting. Ask your healthcare provider to request this support for you.

We cannot prevent patients from going outside to smoke; however, patients who do so are choosing to leave their hospital stay Against Medical Advice (AMA). These patients will have all medical devices removed and must take all belongings with them. This can impact insurance coverage.

Tobacco Treatment Resources

If you or someone you know is interested in making a change and or trying to quit, resources are available:

The Maine Tobacco Helpline:

1-800-207-1230

Healthy Androscoggin: 1-207-795-5990

The Center for Tobacco Independence:

207-662-7150

Partnership for A Tobacco-Free Maine:

tobaccofreemaine.org

www.becomeanex.org