

Smoke-Free Ontario Act and Long-Term Care Homes Update

Second Hand Smoke is Dangerous



Second Hand Smoke exposure:

- Causes ~4000 deaths in Ontario each year
- Increases the risk of heart disease, lung cancer, breast cancer, respiratory diseases such as chronic bronchitis and emphysema
- Aggravates asthma, allergies and irritates the eyes, nose, and throat and lungs
- Is harmful to both people who smoke and those who don't

Quitting Smoking

Older persons can quit smoking and there are many positive effects of quitting

Within 20 minutes to 9 months:

- Blood pressure drops to normal
- Carbon monoxide levels drop and oxygen levels increases back to normal in the blood
- Ability to smell and taste improve
- Circulation improves
- Breathing improves
- Walking becomes easier
- Shortness of breath decreases
- Lung function enhances

Additional benefits include:

- Improved wound healing
- Risk of coronary heart disease declines
- Save money



More energy to enjoy life!



Smoke-Free Ontario Act (SFOA)

On **May 31 2006** The Ministry of Health Promotion implemented the SFOA; Canada's most comprehensive tobacco control act. The act protects those involuntarily exposed to Second-Hand Smoke

- LTC homes can no longer operate designated smoking rooms
- Controlled Smoking Areas (CSA) may be built
- Employees of LTC homes are not required to enter CSAs or assist residents to smoke

Nicotine Replacement Therapy

- Using Nicotine Replacement Therapy (NRT) doubles the chances of successful quitting
- NRT can also be used even if the goal is not to quit smoking but to reduce the number of cigarettes smoked by helping to manage cravings
- NRT is safe and easy to use

There are 3 types of NRT available in Ontario:

- Patch
- Gum
- Inhaler

The Ministry of Health Promotion in partnership with the Ministry of Health and Long-Term Care is providing NRT at no cost up to March 31, 2007

More information:

For more information visit the Ministry of Health Promotion's Smoke-Free Ontario Website:
www.mhp.gov.on.ca/english/health/smoke_free