

Working in a Tobacco Free Environment

If you smoke or use tobacco...

There are things you can do to help you get thru your workday without having cravings or other withdrawal symptoms.

- Nicotine patches: available to you at cost (about \$20 for 14 generic patches) at the Kentucky Clinic outpatient pharmacy and UK Convenience Stores. The dose of the patch depends on how much you use. Usually the dose is 1 mg. of patch for each cigarette smoked in 1 day (small cigars are about 4-6 mg. for each cigar smoked per day). If you need help calculating a dose to keep you comfortable, ask your pharmacist or call Audrey Darville, ARNP, CTTS at 859-323-4222.
- Nicotine gum: small packs can be purchased for around \$5 at the Hospital gift shops, Kentucky Clinic pharmacy, and the UK Convenience Stores (less than the cost of a pack of cigarettes!). It can be used every 1-2 hours as needed for cravings.
- If you use tobacco on breaks, be sure you go outside the tobacco free boundaries.
- Get help quitting if you are interested. The single best thing you can do for your health in your lifetime is to quit smoking, but over 95% of unassisted quit attempts fail. See the list of resources available to you at <http://www.uky.edu/TobaccoFree>.

Did you know?

- Tobacco use is the single most preventable cause of death and disease.
- 70% of smokers want to quit.
- Working in a tobacco free environment helps people quit and stay quit.

Audrey Darville, UK Tobacco Treatment Specialist