

University Hospital Reaches Out To Newark Community During The 2018 Great American Smokeout



A group of Newark residents who successfully completed a smoking cessation program were honored recently at University Hospital where they received certificates recognizing their achievement.

University Hospital (UH) is encouraging the Newark community to commit or recommit to healthy, smoke-free lives by participating in the American Cancer Society’s 43rd Great American Smokeout® on Nov. 15, 2018.

“The most important thing smokers can do to improve their health is to quit smoking cigarettes and other forms of combustible tobacco,” said UH. “We are showing our support for people who take those first steps toward making a plan to quit.”

Specifically, UH is encouraging Newark residents to sign up for lung cancer screening utilizing the hospital’s state-of-the-art Low Dose CT Chest Screening machine. The procedure is covered by Medicare and most insurance plans (see ad below).

In addition, UH has managed a smoking cessation program with the Newark community for three years and recently honored 23 patients and hospital staff who have kicked the habit.

“I couldn’t have done it without the support of the people in my life,” said Sylvia Lee, a patient. “I haven’t had a cigarette in over eight months. If I think about having one, I make sure I go do something and the craving disappears in a couple of minutes.”

The UH Tobacco Treatment team has educated 1,700 individuals, participated in 44 outreach events and provided individual counseling sessions for more than 140 smokers. To register for the classes, Newark residents can call 973-468-5252, or email smokefree@uhnj.org. Also, they can ask their physician for a referral for smoking cessation counseling.

Cigarette smoking is the leading cause of cancer death in the United States, accounting for 29 percent of all cancer deaths. In fact, smoking cigarettes kills more Americans than alcohol, car accidents, HIV, guns and illegal drugs combined. Smoking not only causes cancer. It damages nearly every organ in the body, including the lungs, heart, blood vessels, reproductive organs, mouth, skin, eyes and bones.

Addiction to nicotine in cigarettes is one of the strongest and most deadly addictions one can have. While cigarette smoking rates have dropped (from 42 percent in 1965 to 15.5 percent in 2016), about 37.8 million Americans smoke cigarettes. Each year, approximately 20 million American smokers try to quit, representing more than half of the 37.8 million smokers in the U.S. Only about 1.4 million (7 percent) succeed. An even greater percentage of smokers (68 percent) report being interested in quitting.

Quitting is hard. It takes commitment and starts with a plan, often takes more than one quit attempt and requires a lot of support. Getting help through counseling and/or prescription medications can double or triple your chances of quitting successfully.

Support is also important. Smoking cessation programs, telephone quit lines, the American Cancer Society’s Freshstart program, Nicotine Anonymous meetings, self-help materials such as books and pamphlets and smoking counselors or coaches can be a great help.

UH is partnering with the American Cancer Society, which is available 24 hours a day, seven days a week, to provide support as people make their plan to quit. More information is available at cancer.org/smokeout or by calling 1-800-227-2345.