

## St. Charles Redmond, Bend Campuses Go Tobacco-free

*by Bend Weekly News Sources*

Tobacco-users visiting St. Charles Redmond and St. Charles Medical Center in Bend in the coming days will need to snuff that butt or spit out that chew before setting foot outside their personal vehicles.

Beginning January 2, all Cascade Healthcare Community campuses are completely tobacco-free. No smoking areas of any kind will be provided, and tobacco use will only be permitted inside private vehicles.

“As an organization focused on the health of our community, this is the right thing for us to do,” explained Brenda Johnson, supervisor for health promotion at St. Charles. “Safeguarding the health of our patients, visitors, and caregivers is our number one priority. We know this may be challenging for tobacco users visiting us, and we’ve got programs and services in place to help make the process easier.”

Patients will be advised upon admission that the facilities are tobacco-free, and inpatients will be offered tobacco-cessation counseling if they wish. Those who are medically able can obtain treatment with nicotine replacement therapy, as well as a Quit Kit, which includes sugar-free gum, mints, stir-straws, an herbal tea bag, and smoking cessation literature.

For hospital visitors, discounted nicotine gum will be available in the outpatient pharmacy and Health & Care store in Bend, and in the Gift Shop in Redmond. A variety of tobacco cessation classes and resources are also available by contacting the St. Charles Center for Health and Learning at 385-6390.

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