

# Fresh Air Health Care



*It is  
the mission  
of MUSC to provide  
excellence in healthcare,  
promote health and prevent disease.*

**Most smokers try several times before they are successful. Don't get frustrated. There is no better time to quit smoking. There are new treatments to help you quit.**

## BENEFITS OF QUITTING

Within 1 day:

- Your chance of a heart attack decreases

Within 3 months:

- Your lung function increases

Within 1 year:

- Your risk of coronary heart disease is decreased to half that of a smoker

## SERVICES AVAILABLE

*MUSC Employees with Insurance*

- Free & Clear: 1-866-Quit4life (BCBS)
- Great Expectations: 1-800-327-3183, x25541 (MUSC options/Blue Choice)
- Healthyroads for Living: 1-800-244-6224 (Cigna)

*MUSC Patients (must be referred by MUSC physician)*

- Collaborative Drug Therapy Management (Pharmacy Services): Dr. Chris Fortier, 792-7354

*Anyone*

Individual counseling:

- Dr. Cindy Carter, 792-9192

Weekly group counseling:

- Dr. Jeffrey Borckardt/MUSC Health Connections, 792-1414

*Other Programs*

American Lung Association: [www.ffsonline.org](http://www.ffsonline.org)

National Cancer Institute: 1-877-448-7848

SC Tobacco Quitline: 1-800-QUIT-NOW

MUSC wants to protect your health. Smoking is restricted to the following designated areas only:

- **BASIC SCIENCE BUILDING** - Smoking area on the north side of the building near the Children's Research Institute and the loading dock.
- **CHARLESTON MEMORIAL HOSPITAL** – Smoking area in courtyard.
- **EDUCATION/LIBRARY BUILDING** – Smoking area on the north side in the parking lot between the Education/Library and Basic Science Buildings.
- **HARBORVIEW OFFICE TOWER** – Smoking area west side (Ashley River side) near parking garage exit.
- **INSTITUTE OF PSYCHIATRY** – Smoking area behind building near the loading dock.
- **MAIN HOSPITAL** – Smoking area in the herb garden in front of the Main Hospital/Emergency Room entrance.
- **RESEARCH BUILDING** – Smoking area behind building.
- **RUTLEDGE TOWER** – Smoking area behind the building under covered pavilion attached to building.
- **STROM THURMOND/GAZES BUILDING** – Smoking area on east side of building.



Smoking is a preventable and treatable health risk. The 2006 Surgeon General's Report notes:

- Exposure to second hand smoke (SHS) has immediate negative effects on the cardiovascular system
- Exposure to SHS causes both heart disease and lung cancer
- There is no safe level of exposure to SHS

A complete report can be found at

[www.hhs.gov/news/press/2006pres/20060627.html](http://www.hhs.gov/news/press/2006pres/20060627.html)



MUSC's Employee Wellness Program

For more information, contact Health 1st at [health1st@musc.edu](mailto:health1st@musc.edu).