## **AMMC Is Smoke Free**

Arkansas Act 134 became effective on October 1, 2005. This Arkansas State Law strictly prohibits the smoking of tobacco products in hospitals and on their grounds.

AMMC is committed to the safety and health of its patients, employees, medical staff, volunteers, visitors, and friends.

A Smoke-Free Policy provides AMMC both opportunity and support for healthcare leadership and it supports the medical center's mission statement. AMMC is a Smoke-Free environment. Smoking is prohibited on all hospital grounds. This includes the parking lot.

"Smoking" refers to the use of all smoking materials, not just cigarettes.

## **Smoking Cessation Advice / Counseling**

The American Cancer Society reports tobacco use has been cited as the single greatest cause of disease in the United States today. Smoking accounts for one out of every five deaths in the United States and is the most important modifiable cause of premature death. When you are ready to quit, the American Cancer Society provides tips and resources that can double your chances of quitting for good. You may contact them at 1-800-ACS-2345 or visit them online at www.cancer.org. You may also go to www.lungusa.org for a free online smoking program.