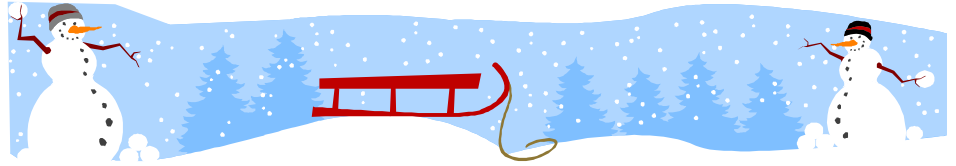


Center for Smoking Cessation Newsletter



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2006 Champion Awards
Recipients

2006 Champion Dinner November

The following professionals were recognized for their outstanding commitment to helping patients quit smoking or were advocates ensuring a tobacco free community. Rick Stoddard, our keynote speaker was honored with the public health award. He has adopted a mission to reach youth and adults across America with his emotionally charged personal testimony. Russell Sciandra the Director for The Center for Tobacco Free NY also received this award. He works to increase program funding which has a significant impact in furthering our cause.

Health teacher, Robert Stranahan from the Rensselaer City School District received a champion award. He has shown extraordinary enthusiasm and has taken the lead within his School District to provide students and staff with the healthiest lifestyle choices available, moving toward adopting a comprehensive tobacco free policy.

The success of our Cessation Center depends on a group of people we call "champions." We recognized ten healthcare champions, Dr. Tepper and Dr Ritterband/ Schenectady Free Clinic, Dr. Niam Keo and Kathy Crawford RN/ Bassett Healthcare Unadilla, Darlene Hoffman RNP/ Troy Internal Medicine, Dr. Catherine North/ Northeast Internal Medicine, Dr. Chester Burton/ Family Medical Care Cobleskill, Kandy Hosterman RPA/ Clifton Park OB/GYN, Charlie Moak/ Seton Health Inpatient Addiction Services, Dr. Kai Kim/ Ghent Family Clinic. These are a few of our true heroes that move efforts forward. We could not do it without their commitment to helping their patients become tobacco free.

Our Butt Stops Here Cessation Award went to Nicole Stack, Pharm D. from the Albany College of Pharmacy. She has educated hundreds of health care professionals on smoking cessation and is a prominent member of the Capital District Tobacco Free Health Care Initiative.

Congratulations to all of our Award recipients and thank-you for your hard work making change happen.

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Are Your Kidneys Smoking?

Director's Corner

Quitline Referral Updates

Top 8 offices with highest
number of referrals to the
Quitline Nov 1-Jan 31:

Cohoes Family Care

Hometown Health

Jefferson Heights Family
Care

Schenectady Free Health
Clinic

Ghent Family Care

St. Peter's Health Center

Albany County Dept. of
Health

Capital Region Family
Health

We all know that cigarette smoking is a major contributing factor to cardiovascular and pulmonary disease. What we don't talk about, is how smoking is causing renal injury. Cigarette smoke can reduce the blood flow to the kidneys, damage arterioles, thicken and harden the renal arteries, narrow the blood vessels in the kidneys and accelerate the loss of kidney function. The kidney disease risk for a diabetic is two to three times higher for those who smoke. The amount of cigarettes that a person with high blood pressure smokes is directly related to the rate of end stage renal disease. Kidney disease and dialysis also increases the risk of heart failure. Even small decreases in kidney function can increase the amount of toxins and nicotine in the body. We need our kidneys to filter out the toxins. By smoking cigarettes, we are failing not just our heart and lungs, but our kidneys too.

Source: [J.Am.Soc.Nephrol.](#)

Dear Colleagues:

The Greater Capital Region Health Care Tobacco Free Initiative is comprised of 19 hospitals that collaborated to become tobacco free campus facilities in January of 2007. All hospitals in the Initiative strengthened their policies and practices on tobacco dependence treatment. These changes included training dedicated nurses, respiratory therapists or cessation counselors to consult with tobacco using patients, screening of all patients for tobacco use and providing nicotine replacement therapy for tobacco dependent patients.

These policy changes are consistent with the recommendations of the PHS Guideline on Treating Tobacco Dependence. All of these health care facilities have raised their standard of performance when addressing tobacco use with patients. This initiative has distinguished healthcare professionalism in our region, raising the standards by which we all abide.

Peggy Keigley, MA

*"To cease smoking is
the easiest thing I
ever did. I ought to
know because I've
done it a thousand
times."*

- Mark Twain, 1835-
1910

"New Year's Resolution" Contest

Starting January 1st to May 31st the office with the most referrals to the NYS Smokers' Quitline will be eligible to win three FABULOUS prizes! Top prize for the Champion will be a day at a spa or \$250 gift certificate to a Marriot Hotel and the office will win \$500! We are incorporating in the final figures the number of patients placed on Chantix in your office during that time period and are allowing **self-reporting** from your provider. Please develop a system to keep track of the patients prescribed Chantix. You **must call us** the last week in May with your totals; each patient can only be counted once. If the patient starts, stops and restarts, it only counts one time. Motivate providers and staff to **Ask** at every visit, **Advise** to quit and **Refer**. Winners will be announced in June 2007. Please call us at (518) 268-6165 with any questions.