

IN THIS ISSUE: Smoking Cessation

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FROM

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In this issue you will find information on:

- **The new provincial health protection legislation**
- **Free nicotine replacement therapy available through a CAMH study**
- **The Peel Health Quit Smoking Program**
- **Smoking Cessation Resources**

New Provincial Legislation

- The *Smoke-Free Ontario Act* comes into effect May 31, 2006
- This new provincial legislation is part of a comprehensive Smoke-Free Ontario Strategy, and will ban smoking in all enclosed public places and workplaces
- For detailed information on the Smoke-Free Ontario Act, visit the Ministry of Health Promotion at www.mhp.gov.on.ca

Stop Study:

The Smoking Treatment for Ontario Patients (**STOP**) Study is currently recruiting participants. In the first study of its kind in Canada, the STOP Study distributes nicotine replacement therapy **free of charge** and monitors its effectiveness in the quitting process.

The study is sponsored by the [Centre for Addiction and Mental Health](#) (CAMH), the [Ontario Ministry of Health Promotion](#) and [Pfizer Consumer Health Care](#).

Patients can call **1-800-350-5305** for more information on the criteria to participate in the study.

Peel Health Quit Smoking Program:

Confidential counselling with nicotine treatment specialists and public health nurses is available.

Clients can self-refer to:

- ✓ develop a personalized quit plan
- ✓ learn new skills for coping without cigarettes
- ✓ learn about stop-smoking medications
- ✓ receive ongoing support and encouragement

For more information, or to **order Quit Smoking Program tear off sheets** contact the Region of Peel-Public Health at 905-799-7700; toll free from Caledon at 905-584-2216.

Patient Resources

Smokers' Helpline: www.smokershelpline.ca
or 1-877-513-5333

Smoke-free Peel Region: smokefree-peelregion.ca

Physician Resources

Physicians for a Smoke-free Canada: www.smoke-free.ca

Smoke-free Ontario: <http://www.mhp.gov.on.ca>

Stop Study: www.stopstudy.ca

Clinical Tobacco Intervention:

www.ctica.org/home.html

Smoke-free Peel Region: smokefree-peelregion.ca