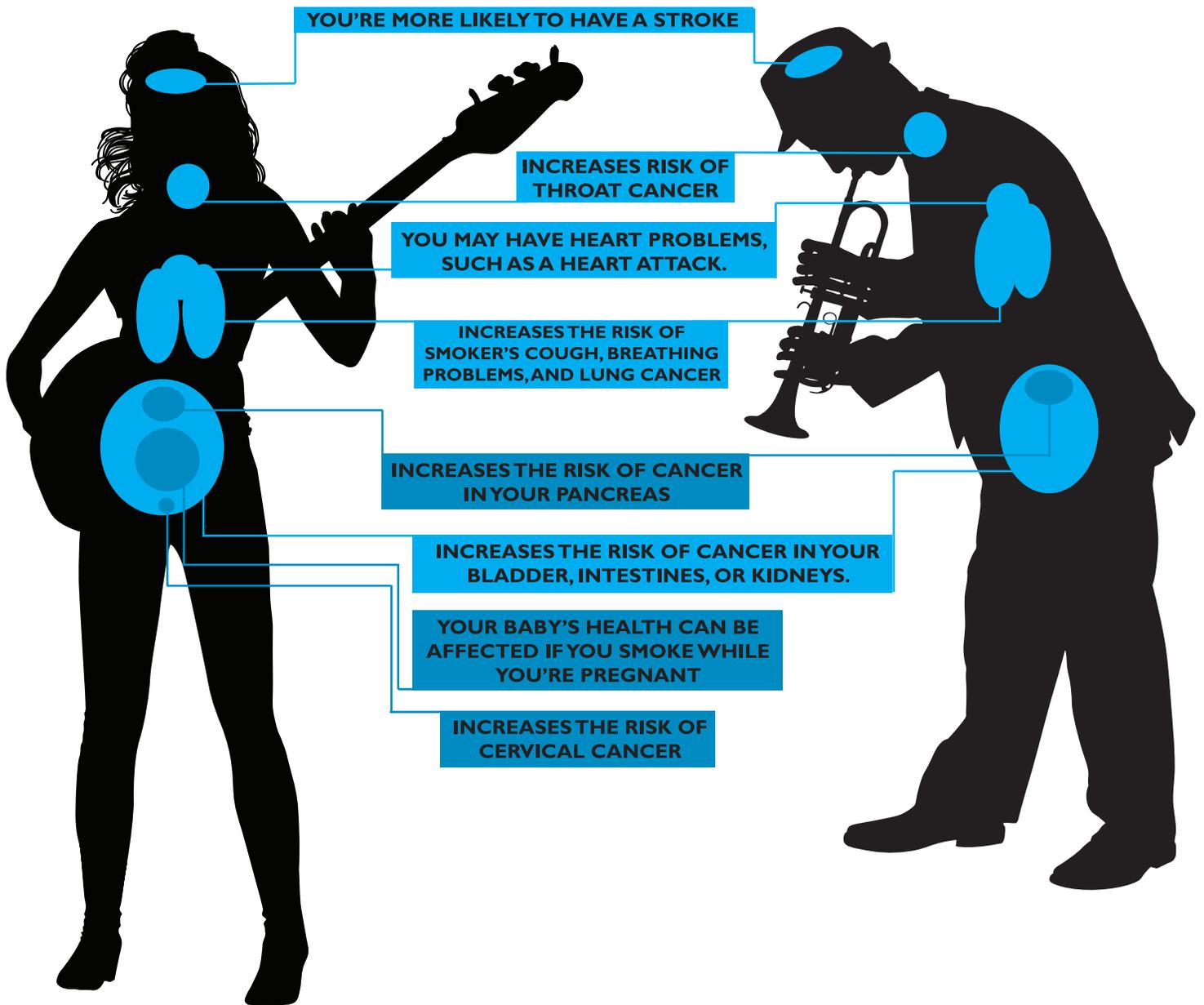


SMOKING CESSATION

Our team is here to help you avoid the dangers of smoking. If you're ready to quit, call 504-412-1366 to make an appointment today.

WHAT SMOKING DOES TO YOUR BODY



STEPS TO QUIT SMOKING

Experts recommend the following steps for those who are ready to quit:

- 1 SET A QUIT DATE** Usually about two weeks away, free of any stressors
- 2 TELL FAMILY & FRIENDS** Build a network of supporters
- 3 PLAN FOR CHALLENGES** Take advantage of counseling opportunities, even if just over the phone
- 4 GET RID OF ANY TOBACCO-RELATED PRODUCTS** Including those in your home, office or vehicle
- 5 TALK TO YOUR DOCTOR** Discuss counseling, over-the-counter or nicotine-replacement options, and prescription medications that can help you quit

LOUISIANA TOBACCO CESSATION SERVICES

Quitting smoking can be tough but is the most important step a smoker can take to improve the quality of his/her health. Don't struggle alone, reach out to your health provider or seek assistance through one of the many resources here in Louisiana:

- [Quit With Us LA](#)
- [Smoking Cessation Trust](#)
- [LSU Tobacco Control Initiative](#)

LSU Tobacco Control Initiative Tobacco Control Initiative (TCI) is the public, private, academic partnership between LSUHSC School of Public Health, the LSU Health Care Services Division (HCSD) and LSUHSC Shreveport (LSU-S) hospital systems, and the Louisiana Campaign for Tobacco Free Living (TFL). TCI seeks to integrate cessation services into existing healthcare delivery systems. The Initiative's goal is to reduce the prevalence of tobacco use among public hospital patients. To achieve this goal, TCI strives to identify all tobacco users, identify evidence-based treatment options that are appropriate for and acceptable to patients, and to provide cost-effective treatment options to patients, when possible.

LSU healthcare providers can refer patients for treatment using the TCI Outpatient Tobacco Cessation Referral form. Referred patients who are ready to quit within 30 days will be contacted and offered cessation treatment options, including behavioral counseling, social support and pharmacotherapy. Additionally, designated TCI staff at each hospital conducts individual bedside consults with identified in-patient tobacco users. TCI is a standard of care service available to all patients, hospital employees, and the communities they serve.

- [American Lung Association: Freedom From Smoking](#)
- [Become An EX Smoker](#)
- [Other Louisiana Smoking Cessation Services \(PDF\)](#)

SMOKE FREE ORDINANCE IN LOUISIANA



On January 2015, the New Orleans City Council unanimously passed a comprehensive smoke-free ordinance. The ordinance bans smoking in bars, restaurants, venues and other public places which protects the public's health, especially members of the local music and service industries, by reducing exposure to second hand smoke.

The New Orleans Musicians' Clinic's staff and clients were instrumental in making New Orleans a smoke-free-city. See what local musicians and NOMC advocates have to say about the dangers of secondhand smoking and the benefits of a smoke-free New Orleans.

ARTICLES

["NOMC Founder Bethany Bultman makes her case in favor of the ban to the NO City Council on January 14, 2015"](#) (The Advocate)

"It's exploiting people who have the least access to health care," said Bethany Bultman, the president of the New Orleans Musicians' Clinic and Assistance Foundation, which provides health services to performers in the city. The let-the-market-decide arguments falter, Ms. Bultman said, once you consider that this is a town of musicians living from paycheck to paycheck, and that they are not in a position to turn down a job over a venue's smoking policy. (The New York Times)



["New Orleans Bars Issue Last Call for Smoking"](#) (The New York Times)

"I never liked to play smoky clubs," said Raymond Williams, who plays trumpet for the Hot 8 Brass Band. "But when I was young, I never really thought about the health impacts." (The New York Times)

["Smoking ban takes effect in New Orleans bars"](#) (The Boston Globe)

Legendary musician and leader of the New Orleans Musicians Union, Deacon John Moore put those health risks in stark perspective at a City Council committee hearing on the proposal earlier this month: "Personally, I am sick and tired of witnessing our beloved musicians and artists suffering and dying from the detrimental effects of secondhand smoke," he said. "I have sang at their funerals." (NOLA.COM)



Paul Sanchez, a singer, songwriter and former rhythm guitarist for Cowboy Mouth, Paul is part of a coalition pushing for the ban. "More and more musicians are trying to avoid smoky venues", he said. Their thinking is "that's my lungs. I've got to play my horn," he said at a meeting in October with our editorial board.



The bottom line is that a broad ban on smoking is "good for New Orleans. It's good for the music. It's good for the musicians' health," Mr. Sanchez said in a recent video. (NOLA.COM)

For more information and specifics on the Smoke Free Ordinance, please visit the [City of N.O. Smoke Free Policy — Frequently Asked Questions](#) webpage.