

Maine Tobacco Facts

Tobacco use is the single greatest preventable cause of death and disease in Maine, accounting annually for over 2,200 deaths. Smoking costs our state \$602 million annually in direct medical costs - \$216 million of which is covered by the State Medicaid program.

Quitting Tobacco in Maine:

Helping tobacco users quit reduces their lifelong risks for various chronic diseases. Each year in Maine smoking causes:

- 83% of deaths from chronic obstructive pulmonary disease;
- 14% of deaths from heart disease;
- 80% of lung cancer deaths;
- 29% of all cancer deaths; and
- cigarette smoking is a major cause of cancers of the lung, larynx, oral cavity, and esophagus, and also contributes to cancers of the bladder, pancreas and kidney.

Maine Youth Smoking

- Maine's smoking rate for high school students has decreased from 39% to 16.2% since 1997.
- The rate for frequent smokers has decreased from 22% to 8%.
- Youth who smoke are nearly twice as likely to live in a household with a person who smokes compared to youth who do not smoke.

Source: American Lung Association

How to find us:

From the Maine Turnpike:
Take exit 32 (Biddeford).
Turn left at light and head east on Route 111.
We're about 1/2 mile down on the right.

Hospital:

P.O. Box 626
One Medical Center Drive
Biddeford, Maine 04005
207-283-7000

Diagnostic & Therapy Centers:

9 Healthcare Drive
Biddeford, Maine 04005
207-282-9080

4 Shape Drive, Suite 1
Kennebunk, Maine 04043
207-467-6999

13 Industrial Park Road
Saco, Maine 04072
207-283-7226

www.smmc.org

Need a physician?

Call 207-283-7323 or log on to
www.smmc.org/medstaff



BE TOBACCO FREE



*There's never been a
better time to quit.*



Be Tobacco Free

Southern Maine Medical Center and Coastal Healthy Communities Coalition have joined forces to offer free smoking cessation classes to assist you in being successful when you quit smoking. This program is offered to any group or individual seeking to be tobacco free.

Local Resources Available ~

- Individualized quit plan
- Quit smoking strategies
- Nicotine replacement options
- Ongoing support

Additional Resource ~

- Maine Tobacco HelpLine
800-207-1230

Free tobacco quit kit, free telephone counseling, and now, medication vouchers to eligible individuals!

How do I take advantage of these local resources?

- Four educational sessions starting on the first Monday of each month 5:30 to 6:30 PM
FREE
Southern Maine Medical Center
Cardiopulmonary Wellness Center
Biddeford, ME
- Pre-registration is preferred.
Please call 283-7272 to sign-up.

Certified Tobacco Treatment Specialists ~

Certified Tobacco Treatment Specialists (TTS-C) are trained health professionals who specialize in the treatment of tobacco dependence as part of their professional role. The TTS-C demonstrates the knowledge and skills to provide current and effective treatment for tobacco dependence. The TTS-C refer health care providers and ensure that best practice performance standards are being used. Southern Maine Medical Center is here to help.

We are here to help

Southern Maine Medical Center has adopted a totally smoke-free campus, which includes all satellite campuses. This means there will be no smoking on those premises.

SMMC and Coastal Healthy Communities Coalition are committed to the promotion of health and to improve the quality of the air we breathe. Smoking has been shown to cause or to contribute significantly to the many kinds of cancer, cardiovascular disease and other illnesses both for workers and of those we are in their presence.



**Call
Today!**

283-7272