

Press release

CIUSSS WEST-CENTRAL MONTREAL ON THE FRONT LINE TO GET SMOKERS TO BUTT OUT

World No Tobacco Day is held every May 31 to increase awareness of the negative impact of tobacco on health

Montreal, May 29, 2019 – When it comes to quitting smoking and giving up tobacco, CIUSSS West-Central Montreal is here to help people year-round, offering a range of free and confidential services from specialists in smoking cessation.

“The intention of this day is for smokers to be aware that a day is designated for them to reflect about smoking and, basically, to try to give it up for 24 hours,” says Joseph Erban, a smoking cessation counsellor at the Stroll Family Cancer Prevention Centre at the Jewish General Hospital, a member facility of CIUSSS West-Central Montreal. “We want them to build confidence in their capacity to eventually give it up.”

Free resources

- Mr. Erban has also produced an audio book “Becoming Cigarette Free: Reduce To Quit”, available in English at <https://youtu.be/lvyyz7fkccs> and <https://soundcloud.com/user-370613752/tracks>
- Group meetings through the Smoking Cessation Program at the Stroll Family Cancer Prevention Centre and individual meetings at CLSCs in CIUSSS West-Central Montreal, which includes Côte-des-Neiges, Métro, Park Extension, René Cassin and Benny Farm

For more information: <https://www.ciuSSWestcentral.ca/programs-and-services/lifestyle-habits-and-prevention/smoking-cessation/>

As well, researchers at the Lady Davis Institute at the JGH led by Dr. Mark Eisenberg, has an ongoing clinical trial aimed at helping people quit smoking by evaluating the efficacy of e-cigarette use for smoking cessation. See more at <https://youtu.be/l8VffFpJwk> and at <https://www.facebook.com/Ecig.study.Can/>

“Our healthcare network is proud to support World No Tobacco day, because our intent is not only to provide superior treatment, but to help prevent illness and the need for medical care,” says Dr. Lawrence Rosenberg, President and CEO of CIUSSS West-Central Montreal. “Quitting smoking is no easy task, but our healthcare professionals are experienced at assisting anyone who is determined to take that crucial first step.”