

FOR IMMEDIATE RELEASE

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**Elmhurst Hospital Center's Anti-Smoking
Program Helps Local Man Kick the Habit**

Smoking Cessation Program's "Butt Can" Having Positive Impact

(Elmhurst, NY--December 5, 2009) Alex Munera knows as well as anyone that smoking is bad for your health, but when he saw the sign on the cigarette butt can in front of Elmhurst Hospital Center stating 'To Quit Smoking Call 334-2550 or go to Room A1-25', he decided he was finally going to do something about it. On the chilly morning of October 13th, Alex went to room A1-25 as the sign suggested and met with one of Elmhurst Hospital Center Smoking Cessation Program's health educators. Within 30 minutes, he was given a 2 week supply of nicotine gum, counseled on its usage and on ways to deal with cravings and triggers. He was also helped to establish a quit date and develop a plan for the next visit.

After 16 years of smoking, Alex, with the prompt help and support of the Smoking Cessation Program, is well on his way to becoming a non-smoker. He will continue with the program to help him through the process. Alex feels that when he is successful, he will be able to inspire his father to join the EHC Smoking Cessation Program to quit smoking as well! For more information regarding Elmhurst Hospital Center's Smoking Cessation Program, please contact Atiya Butler at 718.334.1259 or via e-mail at atiya.butler@nychhc.org.

About Elmhurst Hospital

Elmhurst Hospital Center (EHC) is the major tertiary care provider in the borough of Queens. The hospital is comprised of 545 beds and is a Level I Trauma Center, an Emergency Heart Care Station and a 911 Receiving Hospital. It is the premiere health care organization in central and western Queens for key areas such as Surgery, Cardiology, Women's Health, Pediatrics, Rehabilitation Medicine, Renal and Mental Health Services.

Elmhurst Hospital Center serves an area of approximately one million people in one of the most ethnically diverse communities in the world. Ensuring accessible health care is our priority. For more information about Elmhurst Hospital Center, please visit us at www.nyc.gov/elmhursthospital or call 718.334.1259.