

## REACHING US

### Getting here

#### By bus

For those wishing to use public transportation, bus 188 stops by the medical center on River Road every 30 minutes. The bus travels West to 60th Street and Kennedy Boulevard.

#### By car

**From the North:** Rt. 41-80; Rt. 46 to I-95.

Take last exit in New Jersey (Lemoine Ave./Fort Lee exit). Go straight on exit ramp through two traffic lights until the street ends at Hudson Terrace (Rt. 505). Turn right and follow road. Hudson Terrace becomes River Road. Proceed about six miles. Turn left at hospital and follow signs to parking area along waterfront.

**From the South:** NJ Turnpike (I-95) North to exit 16 E (Lincoln Tunnel exit).

Follow signs to Lincoln Tunnel. Take Hoboken/Weehawken/Pleasant Ave. exit (the last exit in NJ). Turn left at bottom of hill (T-intersection). Follow Boulevard East to 60th St. turn right at Hillside Rd. At bottom of hill, turn left onto River Road. Proceed to the hospital.

Turn right into driveway. Follow signs to parking area along waterfront.

**From Jersey City:** Follow J.F. Kennedy Boulevard to 60th Street. Turn right to Hillside Road. At the bottom of the hill, turn left onto River Road. Proceed to hospital which is on the right, follow signs to parking area along waterfront.

**From the West:** Rt. 3 East to I-495 to Lincoln Tunnel same as from the South.

#### Parking

Parking for visitors is conveniently located in the front of the medical center (along the waterfront) and is available at a nominal fee. Visitors will need a token to exit the parking lot. Tokens can be obtained at the main lobby reception desk and in the emergency department.



**Palisades  
Medical Center**



**Palisades Medical Center**  
NewYork-Presbyterian Healthcare System  
Affiliate: Columbia University College of Physicians & Surgeons  
7600 River Road, North Bergen, NJ 07047

**1800-45-SMOKE**

[www.StopSmokingDoctors.com/palisadesmedical](http://www.StopSmokingDoctors.com/palisadesmedical)

# I QUIT

**BRONCHITIS  
EMPHYSEMA  
CANCER  
HEART DISEASE  
OSTEOPOROSIS  
SEXUAL IMPOTENCE  
MISCARRIAGES  
EARLY DEATH**

# SMOKING

AT



**Palisades Medical Center**

**1800-45-SMOKE**

SE HABLA ESPAÑOL

# I QUIT SMOKING PROGRAM

- History & Physical Exam
- Complete Breathing Test
- Carbon Monoxide Assay
- Individual Tobacco Cessation Treatment Plan and Prescriptions
- Lung Cancer Risk Screen
  - Nicotine Assay
  - Oxygen Assay
  - Chest X-Ray



**1800-45-SMOKE**

[www.StopSmokingDoctors.com/palisadesmedical](http://www.StopSmokingDoctors.com/palisadesmedical)

SE HABLA ESPAÑOL

The I Quit Smoking program at Palisades Medical Center uniquely combines the power of pharmacology, counseling, and medical testing. Our emphasis on science-based personalized treatments minimizes tobacco withdrawal symptoms and maximizes your success in quitting.

You are empowered with the combination of medications, tools and skills to conquer your tobacco addiction. Our nationally renowned medical professionals provide the expertise, support, and counseling needed to achieve your goal of a lifetime of freedom from smoking.

All medical diagnostic test results are shared with you and your physician to further your total health needs. Our take home lung test offers valuable insight into your relative lung cancer risk.

WHERE THERE'S SMOKE, THERE'S HELP.... Over the past few years, medical research has produced clinically proven treatments that help conquer the addiction to tobacco, ONCE AND FOR ALL... The Palisades Medical Center I Quit Smoking Program is designed and administered by nationally renowned medical professionals in the field of tobacco addiction- board certified physicians and tobacco treatment specialists. As featured on the NBC TODAY SHOW and other national news, our program aggressively treats tobacco addiction to ensure the highest quit rates, over 15 times the national average.

**Join us to experience the highest quit rate in the nation!**