

Smoking Cessation

Create a Healthy
Beginning for Your Baby



THE IMPORTANCE OF QUITTING

Smoking is dangerous for you and your baby. Not only can it make it difficult for you to become pregnant, but it can also cause preterm labor and birth defects. If you are pregnant or trying to become pregnant, it is important that you stop smoking now to prevent complications.

It is very important that you quit smoking while you are pregnant or if you hope to become pregnant. Not only does smoking contribute to delay in conception, but it also increases your odds of being infertile. There are also many dangers to your unborn child, as women who smoke have a modest increase in risk for ectopic pregnancy and spontaneous abortion. Smoking will decrease the oxygen supply to your baby before it is born. Smoking during pregnancy is linked to damage to the placenta and the rupturing of membranes, both of which can cause hemorrhaging during delivery. It is also linked to still births and preterm delivery.



HARMFUL EFFECTS ON INFANTS

Babies born to women who smoke are 30 percent more likely to have a lower birth weight and weaker lungs than babies born to women who do not smoke. Low birth weight contributes to illness or death, including increased risk for Sudden Infant Death Syndrome (SIDS), and weak lungs contribute to asthma and bronchial infections, which are prevalent in infants who were exposed to smoke during development.



Understand the Risks

The nicotine in cigarettes may cause constrictions in the blood vessels of the umbilical cord and uterus, decreasing the amount of oxygen available to the fetus.

Research also suggests that infants of mothers who smoke during and after pregnancy are 3 to 4 times more likely to die from sudden infant death syndrome (SIDS) than babies born to non-smoking mothers.

After a baby is born, harmful chemicals in tobacco smoke can also be passed through breast milk. This can affect a baby right away. Infants who were breast-fed by mothers who smoked slept for a full half-hour less than when the mothers didn't smoke.

Annually, an estimated 150,000 to 300,000 cases of lower respiratory infection in infants and children are attributable to environmental tobacco smoke.

SECONDHAND SMOKE



There is NO safe level of secondhand smoke.

Even if you don't smoke, it is important to not expose your child to secondhand smoke.

The Surgeon General states secondhand smoke can be as dangerous to infants and young children as smoking while pregnant because they

are still developing and are very vulnerable to the toxins produced by cigarette smoke. Secondhand smoke can cause serious health problems including heart disease, lung disease, asthma, emphysema, premature wrinkling and thickening of the skin and cancer, and even death. There is no safe level of secondhand smoke, so be sure to keep children away from friends, family or environments where smoke is or has been present.

What's in a Cigarette?

There are more than 4,000 ingredients approved for use in cigarettes other than tobacco. Many are hazardous:

- Ammonia:** Household cleaner
- Angelica root extract:** Causes cancer in animals
- Arsenic:** Used in rat poisons
- Benzene:** Used in making dyes, synthetic rubber
- Butane:** Gas; used in lighter fluid
- Carbon monoxide:** Poisonous gas
- Cadmium:** Used in batteries
- Cyanide:** Deadly poison
- DDT:** A banned insecticide
- Ethyl Furoate:** Causes liver damage in animals
- Lead:** Poisonous in high doses
- Formaldehyde:** Used to preserve dead organisms
- Methoprene:** Insecticide
- Naphthalene:** Ingredient in mothballs
- Methyl isocyanate:** Its accidental release killed 2000 people in Bhopal, India in 1984
- Polonium:** Cancer-causing radioactive element

IT'S NEVER TOO LATE!

Each cigarette you smoke decreases your lifespan. Imagine smoking one pack a day for 20 years. That can mean not seeing your son graduate from high school, watching your daughter's wedding or seeing your grandbaby being born.

It is never too late to quit smoking. Pick a day to stop. Get rid of all the cigarettes in your home and car and throw away all your lighters. Get rid of any ash trays. Tell your friends and family you are done smoking and ask for their support.

If you feel the need to smoke, go for a walk, call a friend, start a new project, or make a healthy snack. Join a support group. Remember that you are doing this not only for yourself, but for your children and family.

Each day that you are smoke-free, look in the mirror. Reaffirm your goal. Remember that each time you choose not to smoke, your body rebuilds healthy lung tissue. You will see that the aging process that cigarettes accelerate will start to slow. Your teeth will look whiter, your clothes won't smell, you will be able to taste the foods you love, and you will be able to look forward to a longer life!



RESOURCES TO HELP YOU QUIT

Five Keys for Quitting Smoking

http://www.cdc.gov/tobacco/quit_smoking/how_to_quit/you_can_quit/

Benefits of Quitting

http://www.cdc.gov/tobacco/quit_smoking/how_to_quit/you_can_quit/benefits/

More Resources

http://www.cdc.gov/tobacco/quit_smoking/how_to_quit/index.htm

Good luck, and remember that when you quit smoking, you increase your health and quality of life, giving you more time to spend with your child. **You can do it!**



Resources:

Centers for Disease Control and Prevention, www.cdc.gov

A New Beginning: Your Personal Guide to Postpartum Care

http://www.cancer.org/docroot/ped/content/ped_10_2x_women_and_smoking.asp

www.ime.state.ia.us/.../SmkgCessPregWmn-Health&EconImpact--7-2202.pdf

U.S. Department of Health and Human Services. The Health Consequences of Smoking: A Report of the Surgeon General. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2004.

American Cancer Society, www.cancer.org



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