

Smoking kills over 178,000 women in the United States every year. Smoking can make it harder for you to get pregnant. Smoking is very harmful to your health and your children's health. Whether or not you are planning to get pregnant, stopping smoking will improve your health.

### If you smoke while you are pregnant:

- Your baby is exposed to 4,000 harmful chemicals with every puff
- You lower the amount of oxygen and nourishment your growing baby gets
- You are more likely to have a miscarriage or stillbirth
- Your baby could be born too small and may have breathing and other health problems
- Your baby is 3 times more likely to be born too early. This means the baby can be weaker and have a higher risk for many health problems
- Your baby is at higher risk of dying from Sudden Infant Death Syndrome (SIDS)
- Your baby is at higher risk of cleft lip or cleft palate and childhood leukemia. Cleft lip is when a baby is born with an upper lip that has a gap. Cleft palate is when the roof of the mouth has a hole. Cleft lip or Cleft palate can make it hard for a baby to breastfeed or drink formula
- Your baby could have learning and behavior problems during childhood

### If you are not smoking:

**You and your children are still at risk if you are exposed to second hand smoke (SHS).** SHS comes from the smoke of a burning cigarette, cigar, or pipe and smoke exhaled by the smoker. SHS contains at least 250 toxic or cancer-causing chemicals. These chemicals cling to rugs, curtains, clothes, food, and other materials and can remain inside your house or car for a long time. You can protect yourself and your children by not letting anyone smoke in your home and staying away from places where people smoke.

### If you or your children are exposed to SHS:

- You are more likely to have lung cancer, heart disease, and chronic lung disease
- You are more likely to have blood clots that can lead to heart attacks and stroke
- Your heart beats faster and can damage your heart muscle
- Your children are more likely to have bronchitis, pneumonia, and upper respiratory infections
- Your children's brains may be affected, causing problems with reading, math, memory, and reasoning
- Your children are two times more likely to need a root canal
- Your children may suffer from frequent hospitalization due to illness
- Your baby's risk of SIDS increases

### Keep in Mind

- No amount of smoking is safe
- No amount of SHS exposure is safe
- Quitting is one of the best things you can do to help yourself and your children
- Believe in yourself. You can quit now even if you have not been able to quit before
- Your health care provider can help you develop a plan to stop smoking

### Health Care Provider Instructions

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## Next Steps

I will write down the reasons why I am quitting on \_\_\_\_\_.

I will make an appointment with my doctor to discuss quitting on \_\_\_\_\_.

I will call the Quit Line to discuss my options and to make my personalized Quit Plan on \_\_\_\_\_.

My stop-smoking plan begins on \_\_\_\_\_. I chose this date because \_\_\_\_\_.

I will start putting the money I would have spent on tobacco products in a glass jar on \_\_\_\_\_.

I will tell my family of my Quit Plan on \_\_\_\_\_.

The people who have agreed to help me are:

\_\_\_\_\_.

I will start my exercise program on \_\_\_\_\_.

I will get rid of all my cigarettes at home, at work, and in my car on \_\_\_\_\_.

I will get rid of my ashtrays, lighters, and everything that can remind me of smoking on \_\_\_\_\_.

If I am craving cigarettes, I will brush my teeth, drink a glass of water, or exercise beginning on \_\_\_\_\_.

If I am having headaches or dizziness, I will sit or lie down and relax by breathing deeply and slowly.

I will always keep in touch with my health care provider for help and support.

Other steps I want to take are: \_\_\_\_\_.

## Keep in Mind

- Call the **ASHLINE** toll-free at 1-800-55-66-222, or <http://www.ashline.org/contact.html>
- Join stop-smoking groups, or get a referral to a local American Cancer Society at 800-ACS-2345 or the American Lung Association at 800-LUNGUSA
- Get a self-help guide from <http://www.quitnet.com>, [www.lungusa.org](http://www.lungusa.org), [www.americanlegacy.org](http://www.americanlegacy.org)
- Learn about reducing SHS by calling 1-866-SMOKE-FREE (1-866-766-5337) or visiting the Smoke-free Homes and Cars Program at <http://www.epa.gov/smokefree/>

## Resources

Centers for Disease Control and Prevention: <http://www.cdc.gov/reproductivehealth/TobaccoUsePregnancy/index.htm>

U.S. Department of Health and Human Services, "The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General." Available at: [http://www.cdc.gov/tobacco/data\\_statistics/sgr/sgr\\_2006/index.htm](http://www.cdc.gov/tobacco/data_statistics/sgr/sgr_2006/index.htm)

PRAMS Data <http://www.cdc.gov/PRAMS/UP.htm>

It's your health: [http://www.hc-sc.gc.ca/iyh-vsv/life-vie/shs-fs\\_e.html](http://www.hc-sc.gc.ca/iyh-vsv/life-vie/shs-fs_e.html)

Cigarette Smoking Nearly Doubles Risk For Root Canal Treatment. (April 2005), *Journal of Dental Research*

<http://www.medicalnewstoday.com/articles/38367.php>

Arizona Department of Health Services, Tobacco Education and Prevention Program: <http://www.tobaccofreearizona.com/>

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