



# Smoking

**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 an increased risk for many health problems.
- Your baby is at increased risk of dying from SIDS (sudden infant death syndrome (SIDS)).
- Your baby is at increased risk of cleft lip or cleft palate and childhood leukemia.
- 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).** You can protect yourself and your children by not letting anyone smoke in your home and staying away from places where people smoke. 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.

## **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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## SMOKING - continued

### My Next Steps

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

I will make an appointment with my health care provider 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 \_\_\_\_\_.

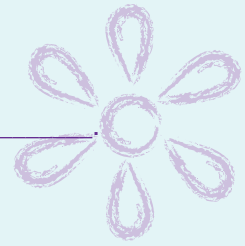
I will get rid of my ashtrays, lighters, and everything that can remind me of smoking on \_\_\_\_\_.

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: \_\_\_\_\_.



### To Get Help

- Call the **Florida Quit-For-Life line toll-free at 1-877-U-CAN-NOW or 1-877-822-6669**. The Quit Line is available in almost all languages and TDD is available for those who are hearing-impaired.
- 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>.

### References:

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