

The power to quit *is* **INSIDE YOU**



Smoking and **YOUR PREGNANCY**

Smoking is very harmful to all women, but especially women who are pregnant or wish to become pregnant. Smoking causes heart disease, lung cancer, breast cancer, other cancers and emphysema. It can cause additional problems for pregnant mothers.

- Pregnant women who smoke are more likely to have miscarriages, stillbirths, preterm labor and premature babies than women who do not smoke.
- If you smoke, you are twice as likely to have a pregnancy that attaches outside your uterus (tubal or ectopic pregnancy), which can be harmful to women.
- Babies whose mothers smoke may have birth defects. They may also have slow physical growth and mental development.
- Women who smoke are more than twice as likely to have problems even getting pregnant.

Smoking and **MOTHERHOOD**

If you quit smoking, you can create a home that is healthier for you and your baby. By not smoking, you'll be a better role model and enjoy other benefits.

- Healthier breast milk
- Fewer coughs and colds for you and your baby
- Less chance of Sudden Infant Death Syndrome (SIDS)
- Less risk of your child having allergies, asthma or other lung problems
- A better chance of enjoying a long and healthy life together

GET READY TO QUIT

Even if you've smoked a lot for a long time, it's never too late to quit for you and your baby. Here are some helpful ideas to get you started.

- **Decide you want to quit.** List your reasons and put the list where you will see it often.
- **Set a quit date.** Circle the date you choose to quit on your calendar.
- **Prepare yourself and your home.** Throw away cigarettes, lighters and ashtrays. Buy raw vegetables or other healthy snacks to help you during your weaker moments.
- **Ask for help.** Your doctor can help you find ways to quit. Choose one that works for you.
- **Make a plan.** Think about what you will do specifically during your weaker moments. For example, if you like to smoke after a meal, plan to take a walk instead.
- **Plan for uneasy times.** Plan for how you will deal with really wanting a cigarette when others are smoking around you.
- **Get support.** Ask for support and patience from your partner, family and friends.
- **Reward yourself.** Plan how you will spend the extra money you'll save when you quit.

West Virginia
TOBACCO
QUIT LINE
1-877-966-8784

West Virginia Department of Health and Human Resources

Bureau for Public Health

Office of Epidemiology and Health Promotion

Division of Tobacco Prevention Cessation Program

350 Capitol Street, Room 206 • Charleston, WV 25301
Telephone (304) 558-2939 Toll Free in WV 1-866-384-5250



IT'S NEVER TOO
LATE TO QUIT
SMOKING FOR
YOU AND
YOUR BABY.

