

Resources and Programs to Help You Quit

- ◆ Call the free Michigan Tobacco QuitLine at 1-800-480-7848 – they can give you the support you need to quit!
- ◆ Michigan Department of Community Health, Smoke-Free for Baby & Me – 517-335-9750
- ◆ March of Dimes, Michigan Chapter 248-359-1550
- ◆ For a listing of smoke-free restaurants in your area, contact Michigan Citizens for Smoke-Free Air at 248-547-2600 or go to www.smokefreeair.org.
- ◆ Environmental Protection Agency (EPA) smoke-free home pledge 1-800-438-4318.
- ◆ If you like the information in this brochure and prefer the self-help method call 1-800-QUIT-NOW or 1-800-784-8669 for a FREE quit kit.

Michigan Department
of Community Health



Jennifer M. Granholm, Governor
Janet Olszewski, Director

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SERVICES AND PROGRAMS PROVIDER.

Quit Smoking for You and Your Baby

*Quitting smoking
is the best gift that you
can give to your child
and to yourself.*

Why?

For you

- ◆ Smoking is the leading cause of heart disease, cancer, stroke and lung disease among women.
- ◆ Women who smoke may have a harder time becoming pregnant, and may have health problems during pregnancy.
- ◆ Lung cancer kills more women than breast cancer in the U.S.
- ◆ Teen and preteen girls who smoke have lower rates of lung growth.

For your baby

If you smoke when you're pregnant...

- ◆ Less oxygen gets to the baby's brain, and can cause poor growth.
- ◆ Your baby's lung growth and function may be slowed during pregnancy and childhood.
- ◆ It can poorly affect your child's intelligence, and behavior.

Remember...

secondhand smoke (SHS) is harmful, too!

Secondhand smoke can...

- ◆ Increase the risk of dying from Sudden Infant Death Syndrome (SIDS).
- ◆ Cause a baby to be born too small.
- ◆ Cause illnesses like pneumonia, bronchitis, and ear infections in infants and children.



- ◆ Increase asthma attacks in children.
- ◆ There is no safe level of exposure to SHS.

What You can do to protect yourself and your baby

- ◆ Ask your family and friends to help make your home smoke-free.
- ◆ Ask friends, family members and others not to smoke around you.
- ◆ Stay away from places where people are smoking – it will make it harder for you to quit smoking, and it's not good for you and your baby.
- ◆ Call the Environmental Protection Agency at 1-800-438-4318 to take the smoke-free home pledge.

- ◆ Choose to visit places that are smoke-free.

Make a decision to quit and stick to it

Quitting is not easy...

- ◆ Most people find the first two days to be the hardest.

But the rewards are immediate for you and your baby...



- ◆ Immediately after you stop smoking – you may have less morning sickness.
- ◆ After a few hours – you and your baby will have more oxygen.
- ◆ After one day – your risk of heart attack starts to go down.
- ◆ After two days – your senses of taste and smell begin to return to normal.

- ◆ After two weeks – your lungs are working much better than they did before.

...and LONG LASTING!

- ◆ For you – better health, a longer life, and more money in your pocket
- ◆ Your risk of heart disease drops by 50% after one year, and your risk of lung cancer continues to drop.
- ◆ Quitting smoking may lead to other healthy behaviors, like exercise.

Here are some tips...

- ◆ Talk to your doctor or nurse – they may be able to help you find a program that can help you quit.
- ◆ Set a date within one week. Mark the day on your calendar. Post your quit date around your house, and stick to it.



- ◆ Things to do to prepare for your quit date:
 - Change routines that make you think about smoking.
 - Let your partner, spouse, family, and friends know about your plan to quit smoking, and ask for their support.
 - Ask a partner or spouse to quit with you.
 - Expect some withdrawal symptoms – feeling irritable, headaches, or trouble sleeping – they will pass in a couple of weeks.

After You Have Quit

- ◆ Reward yourself regularly – with all the money you save, you can go shopping or see a movie.
- ◆ The new stress of a baby may make it difficult to stay quit.
- ◆ Ask others not to smoke around you.
- ◆ Try not to go to places where others are smoking.

Now that you have really quit

If you slip and start smoking again – don't be hard on yourself. Remember quitting is hard and that you have not failed until you quit trying! Don't quit quitting!

