



You can find smoking cessation programs at many hospitals and health centers.

For more information on smoking cessation, go to one of these websites:

www.quitnet.org

www.surgeongeneral.gov/tobacco

www.ahrq.gov

Or, call one of the organizations listed below:

American Heart Association

800/242-8721

American Cancer Society

800/227-2345

American Lung Association

800/586-487

The facts about smoking during pregnancy

Smoking during pregnancy may result in one or more of the following:

Sudden Infant Death Syndrome (SIDS)—Also known as “crib death.” Thirteen percent of SIDS deaths have been attributed to smoking either during pregnancy or after birth.

Brain Development—Increases the risk of neurological abnormalities such as cerebral palsy, mental retardation, epilepsy, and hyperactivity.

Respiratory Diseases—Smoking during pregnancy increases the risk by three times.

Miscarriages—One pack per day increases the risk two-fold.

Low Birth Rate—Low birth weight (LBW) is responsible for 55 percent of all infant deaths. Smoking doubles the risk of LBW, while heavy smoking increases the risk by 300 percent.

Displaced or Prematurely Separated Placenta—One-third to one-half of all deaths occurring at birth are due to displaced or separated placenta. Smoking increases placenta displacement by 53 percent.

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Caring for your baby before it's born

When you breathe for two, your baby's health depends on you

Being pregnant is a special time in every woman's life. It's a time when two lives function as one; when the mother-to-be's hopes and dreams for her baby's future first begin to take hold. Never in a woman's life will any living thing be as entirely dependent upon her as her baby.

Because a woman's health habits directly affect her unborn child, the baby's well-being depends on its mother. If her habits are healthy, it's likely her baby will be healthy.

And what a woman breathes is as important as what she eats, because a pregnant woman doesn't just eat for two, she breathes for two as well.

If you've never had a good enough reason to quit smoking,
YOU HAVE ONE NOW

Your baby. Your baby depends on you for survival, but if you smoke during pregnancy, your baby may be a candidate for an array of defects and diseases. Worse, smoking could deprive your unborn baby of an opportunity at life.

The **risks** you take

Many birth defects have been directly linked to smoking during pregnancy, including:

Low Birth Weight—Children born with low

birth weight (five-and-one-half pounds or less) are not prepared to live outside the womb. Low birth weight is responsible for more than half of all infant deaths. Heavy smoking increases this possibility for your baby by 300 percent.

Mental and Physical Defects—The chances for respiratory defects are increased, and some studies have linked smoking to mental retardation and physical handicaps.

Stillbirths—Smoking during pregnancy increases risk of stillbirth by 55 percent.

Miscarriages—Heavy smokers are 170 percent more likely than nonsmokers to have miscarriages. One pack per day doubles the risk.

“But I **smoked** through my first two pregnancies, and nothing bad happened”

A problem-free pregnancy in which the mother smoked does not guarantee that the next pregnancy will go as smoothly.

Defects that occur during pregnancy sometimes do not surface until later. Children of smokers may be shorter and smaller than other children, or less capable in verbal and math skills. Heart and lung problems are more likely to develop.

The **gains** you'll make

There's nothing to lose by quitting smoking, and everything to gain—particularly your health and the health of your baby. If you quit smoking early in your pregnancy, your baby's chances for normal birth weight and general health can be similar to

that of a nonsmoker. The less you smoke, the better off your baby will be. Millions of people have quit smoking. You can too.

Remember, there's no better reason to quit. Take the first step for building a healthy, normal life for you and your baby. If you don't stop smoking now, you may never forgive yourself. Allow your baby a better chance to grow up and give back the love you have given it.

How to **quit** smoking

The first step is to make the decision to quit smoking. The first week usually is the most difficult, but after that the craving diminishes. Deep breathing exercises will help you relax during stressful periods.

You don't have to do it alone; help is available. Consult your obstetrician or family doctor. He or she may recommend one of the many smoking-cessation programs that are available.

If you've never tried quitting before, you may find it surprisingly easy. Many persons quit and find they don't miss smoking. If you've tried quitting before, keep in mind that it sometimes takes several attempts. Just because you didn't quit before doesn't mean you won't make it this time. And now you have two good reasons to quit instead of just one.

