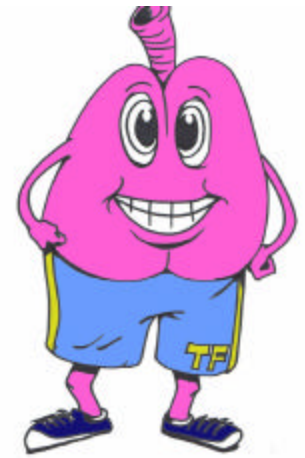


HOW QUITTING CAN HELP

WHEN YOU QUIT...

You will have ...

- ☞ More energy
- ☞ No “smoker’s” cough - breathe easier
- ☞ Fewer colds
- ☞ Less morning sickness
- ☞ Less risk of bleeding during pregnancy
- ☞ Lower risk of high blood pressure
- ☞ Lower risk for heart disease or stroke
- ☞ Lower risk for lung disease
- ☞ Fresher breath
- ☞ Cleaner smelling hair
- ☞ Cleaner smelling clothes
- ☞ Whiter teeth
- ☞ Fingers that are not stained



Baby will have...

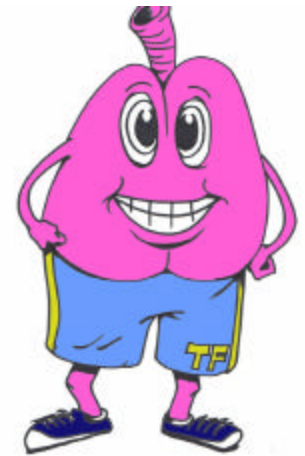
- ☞ Better chance of being a normal size
- ☞ Better chance of being healthy
- ☞ Lower risk of being born too early
- ☞ Lungs that will work better and baby will breathe easier
- ☞ Fewer colds
- ☞ Fewer ear infections
- ☞ Fewer lung problems such as
asthma
bronchitis
pneumonia
- ☞ Fewer allergies
- ☞ Fewer visits to the doctor due to sickness
- ☞ Fewer visits to the hospital for sickness
- ☞ Fewer behavior and learning problems

HOW QUITTING CAN HELP

If you continue...

Problems for your unborn or newborn baby...

- Miscarriage
- Stillborn baby
- Born too soon
- Born small and sickly
- Hard for baby to breathe



If you stop smoking during the first three months of pregnancy, the risk of having a low birth-weight baby is similar to that of a non-smoker.

Problems after baby is born...

- Higher risk of death as an infant
- Higher risk of crib death (SIDS)
- More lung problems and infections
- More colds
- More ear infections
- More allergies
- Higher risk child may be hyperactive
- Higher risk of childhood cancer
- Higher risk child may have behavior and learning problems
- Higher risk of getting killed or hurt in a fire started by accident
- Higher chance of becoming a smoker later in life

Extras for Quitting

- More money to spend
- Feeling proud of yourself
- More control over your life

