



Planning a family?

Pregnant?

Still smoking?

Quitting smoking helps:

Your baby *before* it's born

Your baby *after* it's born

You

**When you're ready to quit,
we're here to help.**

Call the American Cancer Society for tips and resources that can double your chances of quitting for good.

The American Cancer Society is the nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer, through research, education, advocacy, and service.

No matter who you are, we can help. Contact us anytime, day or night, for information and support.

1.800.ACS.2345
www.cancer.org

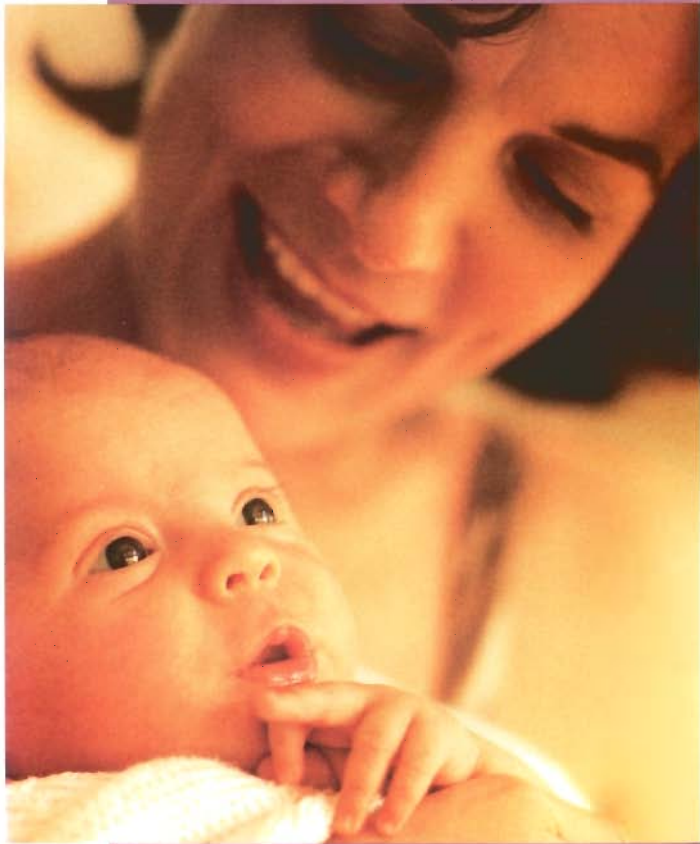
Hope. Progress. Answers.®



**Living
Smoke-free
For You and
Your Baby**



**Here are
three good
reasons to
quit... now.**



Before Your Baby Is Born

Quitting smoking:

- Lowers your baby's exposure to the harmful elements found in cigarettes
- Increases the amount of food and oxygen your baby gets
- Lowers the risk of your baby being born early or stillborn
- Increases the chances of your baby being born at a healthy, normal weight

After Your Baby Is Born

Staying quit:

- Lowers your baby's chances of getting frequent colds and other lung infections
- Lowers the risk of your baby having problems with asthma
- Lowers the risk of sudden infant death syndrome (SIDS)
- Helps your baby breathe better

For You

Quitting smoking:

- Lowers your risk for heart and lung disease
- Lowers the risk of having reproductive disorders
- Helps you look healthy, breathe better, and have more energy
- Sets a good example for your baby

**Be healthy
for you and
your baby –
*before it's born
and after!***

"I quit smoking several years before becoming pregnant. I wouldn't do that to the baby.

When I got pregnant, I was proud that I was doing the best for my baby and that I didn't have any more bad habits."

June

"When I found out I was pregnant with my first child, I thought about the life I wanted to provide for her. I was an occasional smoker, but I still knew it was unhealthy. I knew inside that it would be harmful to my baby, so I told myself throughout my whole pregnancy, 'No, I don't need it.'"

Debbie