

For Your Information
From Premier Perinatal

Seek Help to Stop Smoking....

- Have you tried to quit without success?
- Did you get too "stressed out" when you tried to quit?
- Are you embarrassed about your smoking?
- Do you have health problems because of your smoking?
- Has your workplace gone smoke-free?
- Are you tired of being a tobacco addict?
- Has your doctor told you to quit?
- Do you really want to quit?

Good Reasons for Quitting

- Quitting smoking will improve your chances of having a healthy baby
- The nicotine (the addictive substance in cigarettes), carbon monoxide, and numerous other poisons you inhale from a cigarette are carried through your bloodstream and go directly to your baby. Smoking while pregnant will:
 - Lower the amount of oxygen available to you and your growing baby.
 - Increase your baby's heart rate.
 - Increase the chances of miscarriage and stillbirth.
 - Increase the risk that your baby is born prematurely and/or born with low birth weight.
 - Increase your baby's risk of developing respiratory (lung) problems.
 - Increases risks of birth defects.
 - Increases risk of Sudden Infant Death Syndrome.
- The more cigarettes you smoke per day, the greater your baby's chances of developing these and other health problems. There is no "safe" level of smoking while pregnant.
- You will live longer and better
- Quitting will lower your chance of having a heart attack, stroke or cancer
 - After 1 year, the risk of heart disease caused by smoking is cut in half
 - After 15 yrs, the risk of heart disease is the same as someone who never smoked
 - In 5-15 yrs, the risk of a stroke is the same as someone who never smoked.
- The people you live with, mainly your children, will have better health
- You will have extra money to spend on things other than cigarettes

Five Keys for Quitting

1. Get ready.
2. Get support from family and friends.
3. Learn new skills.
4. Change routines.
5. You may have a relapse. Don't be upset if you start smoking again. Many people try many times before they quit for good.

For Your Information
From Premier Perinatal

Tips to help you quit:

- Hide your matches, lighters, and ashtrays.
- Designate your home a non-smoking area.
- Ask people who smoke not to smoke around you.
- Drink fewer caffeinated beverages; caffeine may stimulate your urge to smoke. Also avoid alcohol, as it may also increase your urge to smoke and can be harmful to your baby.
- Change your habits connected with smoking. If you smoked while driving or when feeling stressed, try other activities to replace smoking.
- Keep mints or gum (preferably sugarless) on hand for those times when you get the urge to smoke.
- Stay active to keep your mind off smoking and help relieve tension: take a walk, exercise, read a book, or try a new hobby.
- Look for support from others. Join a support group or smoking cessation program.
- Do not go to places where many people are smoking such as bars or clubs, and smoking sections of restaurants.

Use of Medications in Pregnancy:

- Nicotine gum and patches release nicotine into the bloodstream. Although these products can reduce withdrawal symptoms and decrease cravings in smokers who are trying to quit, the safety of these products hasn't been adequately evaluated in pregnant women.
 - The American College of Obstetrics and Gynecology recommend that nicotine gum and patches be considered in pregnant women only after other non-drug treatments, like counseling, have failed.
 - None of the prescription medications currently available for smoking cessation are considered safe in pregnancy; each medication recommends behavior modification and counseling as a first choice option

For more information, call:

- New Jersey Quitnet: njquitnet.com
- New Jersey Quitline: 1-866-NJ-STOPS (866-657-8677)
- American Lung Association: 1-800-LUNG USA (586-4872)
- American Heart Association: 1-800-252-8721
- American Cancer Association: 1-800-ACS-2345 (800-227-2345)
- US. Dept of Health & Human Services: -877-44U-QUIT (877-448-7848)

*250 Route 37 * Second Floor * Toms River * NJ * 08755*
732-736-0300