

ONE



**TINY
REASON**

**TO QUIT
SMOKING**

QUIT
WITH US, LA

— LIVE LIFE —
TOBACCO-FREE



There are a lot of big reasons to quit smoking. And one really tiny one.

Quitting smoking before or during your pregnancy is one of the most important steps you can take for the health of you and your baby. When you smoke when you're pregnant, you pass toxic chemicals contained in cigarette smoke to your baby. These chemicals are dangerous to children and infants because their bodies are still developing.



Some of the big reasons to quit include:

- Lowering your risk for cancer, heart disease, stroke and diabetes
- Breathing easier and reducing coughing
- Regaining your sense of taste and smell

But one of the biggest reasons to quit smoking is actually quite tiny: your baby.

Quitting smoking today is important to your baby's health and increases the chances of him or her being healthy for a lifetime. If you're pregnant, there's still time to stop smoking and protect the health of you and your baby.

Benefits for your delivery.

There are many health benefits when you quit smoking before or during your pregnancy. First, it lowers your chances of too much bleeding during your baby's delivery. This makes delivery safer for you and your baby.





Not smoking during pregnancy also decreases your chance of going into labor early and having a small, underweight baby. Not only can underweight babies experience more stress during labor, they also often experience more serious health problems. If your baby is too small or needs special care for health problems, he or she may have to stay longer in the hospital until healthy enough to go home.



Benefits for your baby now.

It's never too late to quit smoking, and the impact of quitting is important to the health of your baby — no matter when you quit! In fact, quitting smoking during any stage of pregnancy can have an immediate positive impact on the health of you and your baby.



Those benefits include:

- Less risk of being born too early
- Less risk of being born with serious birth defects, such as a cleft lip or cleft palate
- Less risk of Sudden Infant Death Syndrome (SIDS)
- More likely to be born at a healthy weight (more than 5 ½ pounds) and develop at a healthy rate of growth
- More likely to have normal brain development during two important times—before birth and through early childhood





Benefits for your baby later.

When you quit smoking for good, your baby gets a healthier start to a healthy life. No secondhand smoke. Less risk of medical problems. And that's what every mother wants for her baby now and when he or she grows older.



Babies and young children who are NOT exposed to smoke typically have:

- Fewer coughs and chest colds
- Lower chance of getting bronchitis or pneumonia
- Fewer ear infections
- Less frequent and less severe asthma, if they have asthma
- Lower chances of Sudden Infant Death Syndrome (SIDS)

As children grow older, those who are not exposed to secondhand smoke typically miss fewer days of school because of asthma attacks and respiratory (breathing) illnesses, and are less likely to become smokers as adults.

Make the choice to quit with us.

1-800-QUIT-NOW is here to help you quit smoking. Quitting is a process and everyone's quit story is different. What works for one, might not always work for another.



If you have questions, call 1-800-QUIT-NOW or visit quitwithusla.org. We're here to help you quit for two.

We will be with you throughout your quit journey. When you call 1-800-QUIT-NOW or enroll at quitwithusla.org, you'll receive services designed just for pregnant women.

- Quit support 24 hours a day, 7 days a week
- A FREE personalized Quit Plan
- 10 one-on-one phone counseling sessions with a certified Quit Coach, twice the usual number
- Online resources and support
- A FREE Quit Kit in the mail



You can lean on us on your quit journey, but your health plan can help keep you going! If you are covered by Medicaid, you are eligible for additional benefits to help you quit. Contact your health plan to learn more.

**Get help
today to quit
smoking.**

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1.800.QUIT.NOW
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