

YOUR HEALTH & WELL BEING



Is Something in the Air Telling You to Quit?

You've heard that secondhand smoke can be dangerous. But did you know that the Centers for Disease Control and Prevention reports that each year environmental tobacco smoke (ETS) causes about 3,000 lung cancer deaths among non-smokers and accounts for as many as 62,000 deaths from coronary heart disease?

If You Quit, Your Child Quits Too

If you are pregnant and you smoke, the chemicals in cigarette smoke can reach your baby and keep it from getting the food and oxygen it needs. The American Lung Association recommends that women who are pregnant or plan on becoming pregnant quit smoking.

Quitting smoking can help reduce the risk for bleeding and miscarriage among pregnant women.



The effects of ETS on infants and children whose parents smoke can be damaging. Read on to find out more.

Quitting smoking can also reduce the risk that your baby will be still-born, die of sudden infant death syndrome or develop asthma.

Children's respiratory and immune systems may be more vulnerable to ETS than adults' systems. Children who are exposed to ETS at an early age can develop serious respiratory problems. They suffer a greater number and severity of asthma

attacks than children who are not regularly exposed to ETS. In addition, children who live with a smoker are more likely than children who do not live with a smoker to become smokers themselves.

If you smoke and would like to quit, call the American Lung Association at **1-800-LUNG-USA (1-800-586-4872)** or visit its web site at **www.lungusa.org**.

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