

Smokers-Contact 1



AMERICAN  LUNG ASSOCIATION
of Oregon

In Portland
224-5145

Elsewhere in Oregon
1-800-545-5864

*"We Care About
Every Breath You Take"*



M♥O♥M♥S♥ Project

Oregon Research Institute
1899 Willamette Street
Eugene, Oregon 97405-7716

AMERICAN  LUNG ASSOCIATION
of Oregon
1776 S.W. Madison
Portland, Oregon 97205

AMERICAN ACADEMY
OF PEDIATRICIANS
Oregon Chapter

*Because You
Love Your
Baby, Keep
The Air
Smoke-Free.*





Why is it important?

- Everyone in the same room with a smoker breathes in that smoke, including your baby.
- Second-hand smoke can harm those you love.
- The smoke from the burning end of a cigarette is filled with more tar and nicotine than the smoke inhaled directly.
- When your baby is forced to breathe in cigarette-polluted air, things happen that you can't see.
 - Your baby's heartbeat speeds up.
 - Your baby's blood pressure rises.
 - Dangerous carbon monoxide seeps into your baby's blood.

What are the facts?

- Lung illness is twice as common in young children whose parents smoke at home as it is in children of non-smoking parents.
- Asthma can be aggravated by second-hand smoke.
- Babies in their first year have higher rates of pneumonia and bronchitis if their parents smoke at home.
- There is an increased incidence of Sudden Infant Death Syndrome (SIDS) in children exposed to second-hand smoke.
- As they grow older, children of smokers may be shorter and smaller than non-smokers' children.
- Children of smoking parents are twice as likely to smoke when they get older as children of non-smoking parents.



*Because you love your baby,
don't smoke.*



- Nicotine in your breast milk may be bad for your baby.
- Babies have little lungs and airways. Breathing smoke-filled air causes those tiny airways to get even smaller. Breathing can be blocked or impaired.
- Babies and young children breathe much faster than adults. They inhale more air - and more pollution - compared to their total body weight. Many of their lungs' defenses have not developed yet.

What can you do?

- If you smoke, stop!
- Don't allow anyone to smoke around your baby.
- For more information, contact the Lung Association office or your pediatrician.



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Dear Mom,

As your pediatrician, I am concerned about your baby's exposure to anything harmful. Tobacco smoke is bad for babies. Babies who are exposed to tobacco smoke have many more problems with lung, ear, and sinus infections than babies who are not. The enclosed brochure tells you more about the ways that cigarette smoke harms your baby. Please take the time to read this over.

If you or anyone else at home smokes, it's time to quit - for your health and the health of your baby. Protecting your baby from tobacco smoke is very important. If you stopped or cut back on your smoking during pregnancy, this is a good time to avoid going back to your previous habit.

I care about your baby. I know you want to protect your baby's health. Don't let your baby be exposed to tobacco smoke.

Thank you for taking the time to read this letter and the enclosed materials. I wish all the best to you and your new child.

Warm regards,

NEW BABY

NO
SMOKING
PLEASE!



Smokers-Contact 2

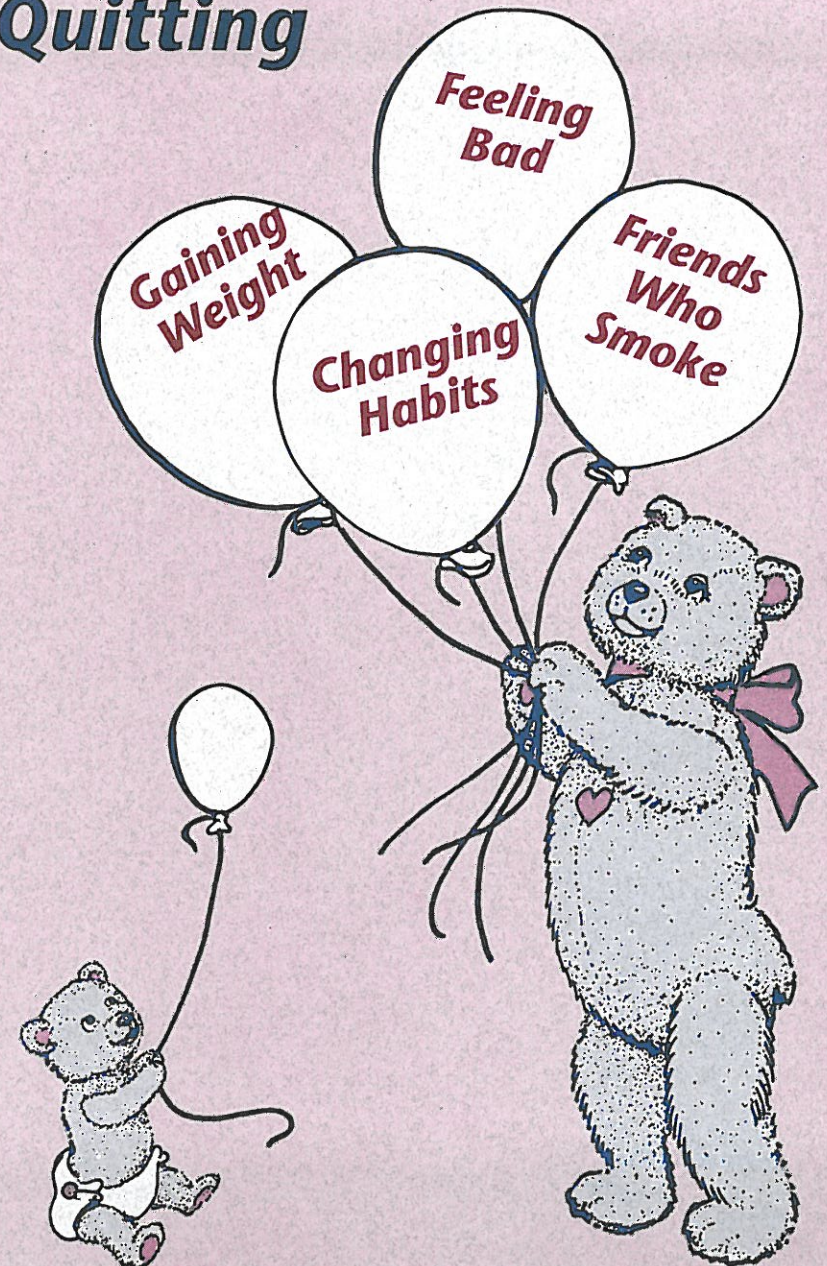
Adapted from "Quitting Times" (1987), developed by the Fox Chase Cancer Center and funded by the Cancer Control Program of the Pennsylvania Department of Health, and reprinted, with permission, from "Stop Smoking Stay Trim", © American Lung Association.



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Common Concerns You May Have About Quitting



Being a new parent is a hard job. At the end of some days, even the most patient parent can feel nervous, tense, and worn out. Sadly, many mothers try to relax by smoking. But cigarette smoke is bad for babies...it hurts their lungs and can make them sick.

Quitting smoking is something you can do for your baby and you. What's stopping you? Read on to find out about what was stopping many ex-smokers and what they did instead of reaching for a cigarette.

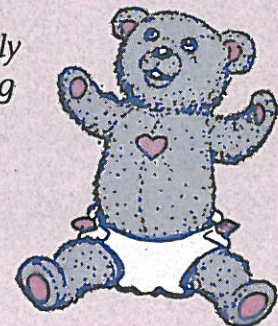
There's No Time Like the Present

Quitting smoking at the same time as managing your weight, especially just after having a baby, isn't an easy thing to do. You know it's going to take extra effort and maybe some tough times. But think positively. You've just gone through a big change in your life. You need to give your body time to change, too.

Keep in mind that you're only fooling yourself if you think that you can continue to smoke and stay healthy. Or that you'll be better able to quit after your baby is a little older and not so demanding of your time. The smoking habit is addictive and destructive. The time to quit is now.

Just as you care what your baby eats, you should watch out for what your baby breathes.

All of the four concerns discussed above are addressed more completely in a booklet from the American Lung Association titled "Freedom from Smoking for You and Your Family", which is available free of charge from your pediatrician.





Friends Who Smoke

Smokers usually have friends who are also smokers. When you decide to quit, here are some ways to handle being around other smokers:

- ♥ Ask them not to smoke around you. Explain that you know they have the right to smoke, but it makes it very hard for you and it's harmful to the baby.
- ♥ Distract yourself.
- ♥ Keep your hands busy--knit something for you or your baby.
- ♥ Chew on something--sugarless gum, hard candies, toothpicks.
- ♥ Go somewhere else.



Changing Habits: Make It Easy on Yourself

Avoid places or activities which remind you that you want to smoke. For example, maybe you always smoke just after you get the kids put to bed or whenever you have a cup of coffee. You will want to prepare for these situations.

Try changing your routine a little:

- ♥ Take a shower after the children are sleeping.
- ♥ Have your coffee in a different room, or drink something else like tea, fruit juice, or diet soda.
- ♥ Try to avoid drinking alcohol for a while.

The main thing is to think ahead about these situations and figure out what you're going to do instead of having a cigarette.



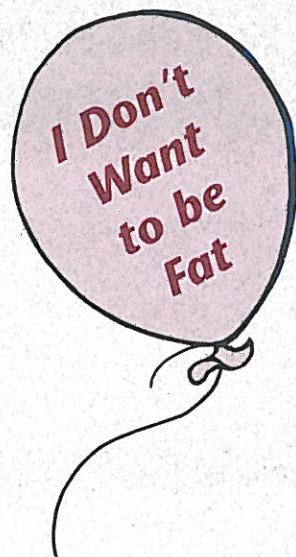
Dealing with Feeling Bad

Moms who smoke often turn to cigarettes when they feel:

- ♥ depressed
- ♥ tired
- ♥ anxious
- ♥ stressed
- ♥ bored
- ♥ lonely
- ♥ angry
- ♥ hungry
- ♥ or all of the above

Dealing with Feeling Bad Without Cigarettes:

- ♥ Try to let others help you and let others know you need some help now and then.
- ♥ Talk with a friend who understands.
- ♥ Tell the baby's father how you feel.
- ♥ Do something physical--walk the baby, go swimming, go up and down stairs.
- ♥ Don't worry about housework.
- ♥ Have a good cry.
- ♥ Hit a pillow.
- ♥ Relax in a hot shower or bath.
- ♥ Take a nap when your baby does.



All new mothers worry that they'll never get back to their pre-pregnancy weight. **After you haven't been smoking for a while, you'll be better able to focus on weight loss.** Here are the straight facts about quitting smoking and weight gain:

- ♥ Many smokers do gain weight, usually between five to seven pounds, when they quit.
- ♥ Chances are good that the extra weight is only temporary and that you can lose what you gain after three to six months.

How stopping smoking affects your weight:

Eating More

Quitters who gain a lot of weight have increased the amount of food they eat. Food may seem to taste and smell better, leading to bigger portions and extra helpings. **Snacking may become a replacement for having a cigarette.** Eating may also become a new way to deal with stress and other situations that used to make you feel like smoking.

Eating More Sweets

New research shows that many smokers develop cravings for sweet foods after quitting, and that eating more sweets is a major factor in their gaining weight. **Nicotine withdrawal can trigger an increased craving for sweets.** If you avoid sweets after quitting, you probably will avoid weight gain too.

Changes in How You Burn Calories

Changes in the body's metabolic rate (the rate at which the body burns calories) may account for why many smokers gain a few pounds soon after quitting. Smoking increases the smoker's metabolic rate and seems to make it easier for their body to use calories and harder for it to store them. This explains why smokers tend to weigh less than nonsmokers.

The weight gain is actually a sign that your body is getting healthier! When you quit smoking, your intestines are revived; your body begins absorbing nutrients that used to go unused. That's one reason why you gain weight.

Tips for Weight Management

Here are some suggestions for helping you avoid large weight gain in the weeks after you quit. If you're nursing, be sure to talk to your doctor about a proper diet before trying to lose weight.

Drinking

- ♥ Drink a whole glass of water or a low-calorie drink without caffeine before you eat a meal.
- ♥ Drink a glass of water whenever you feel hungry; this will help wash the nicotine out of your system.

Snacks

- Stock up on these for snacks--each is under 100 calories:
- ♥ 1: peach, pear, apple, slice raisin bread, small bran muffin
 - ♥ 1/2 of: bagel or whole wheat english muffin

Eating

- ♥ Eat more fish and chicken instead of meat.
- ♥ Bake or broil, do not fry.

When actually eating, use these tips:

- ♥ Take smaller portions (use a smaller plate).
- ♥ Eat slowly.
- ♥ No second helpings.
- ♥ Leave the table as soon as you've finished.

Cravings

Reduce your cravings for sweets by eating good foods.

- ♥ Keep plenty of these around:
 - apples
 - bananas
 - carrots
 - celery
 - unbuttered popcorn
 - rice cakes
 - saltines
 - low-calorie popsicles
 - graham crackers

Physical Activity

Physical activity is very important. There are all kinds of ways to be more active.

- ♥ Start walking places instead of riding or driving to them.
- ♥ Take your baby on walks.

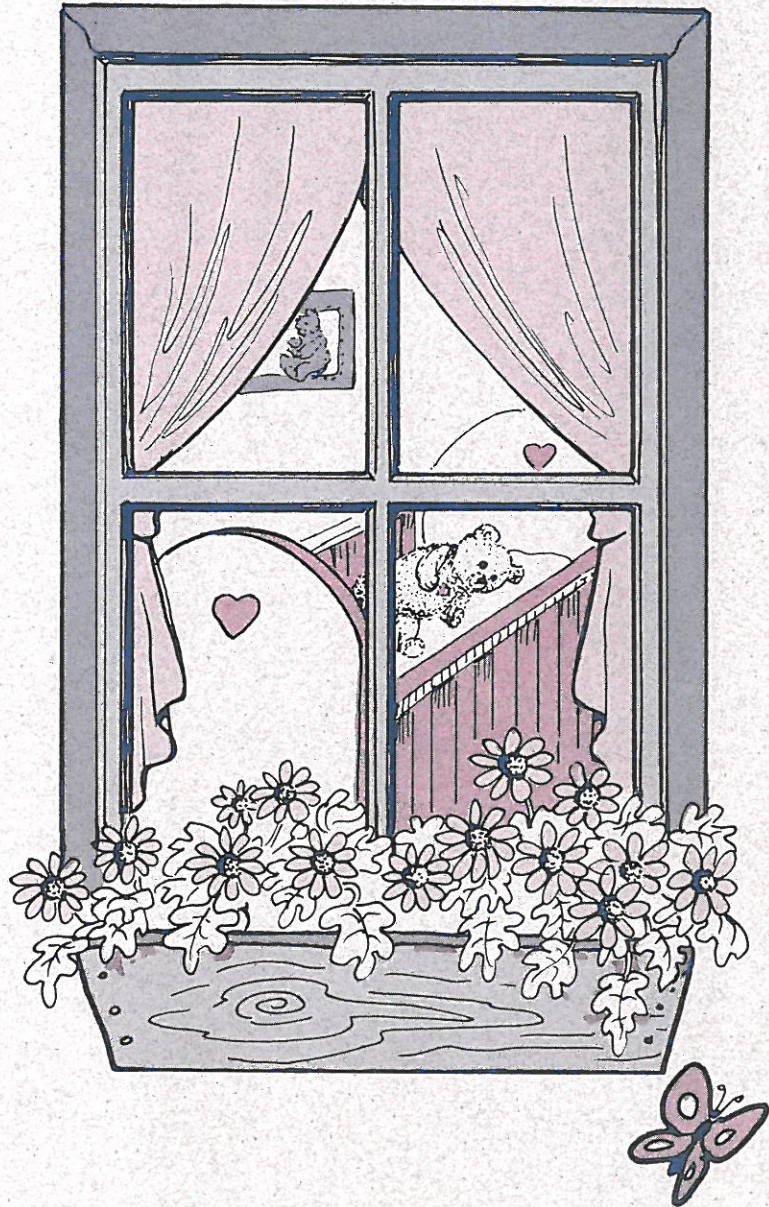
Physical activity is also an excellent way to help you cope with any cravings to smoke that you might get.

To reach the same health risk as smoking one pack of cigarettes per day, the average smoker would have to be roughly 125 pounds overweight.

Is Your Baby Smoking?

If someone in your household is smoking, then your baby is smoking, too.

No baby should ever be exposed to tobacco smoke. It's immediately harmful to babies with breathing problems, and it can bring about illness for all babies later on.



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There's A Baby In The House. Please Don't Smoke!



Does A Baby Really Smoke?

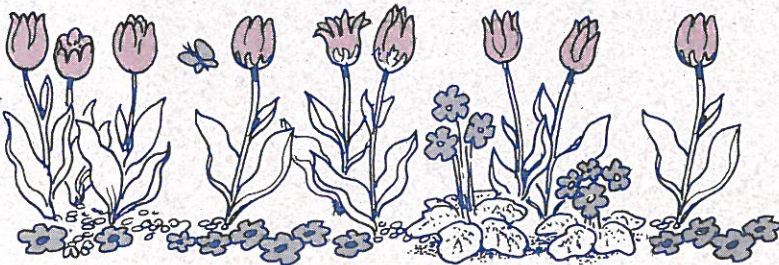
Yes. When a baby is exposed to smoke, small quantities of nicotine, carbon monoxide, and other substances in the smoke pass into the baby's body. The by-products of nicotine are found in the baby's urine and saliva. The more the mother smokes, the greater the amounts. So a baby really does smoke when someone nearby is smoking.

What Harm Does Tobacco Smoke Cause?

More than 40 recent studies have shown that tobacco smoke endangers the child. The greater the exposure--two parents smoking rather than one--the greater the harm. In fact, hospital admissions for bronchitis, pneumonia, and other related illnesses can be twice as frequent for babies whose parents smoke. Exposure to smoke is also a cause of colic in some babies.

The most damage occurs in infants under two years old. They may be especially susceptible because their lungs are immature and their immunity to respiratory infections is not well developed. Their lungs have to work harder, breathing in and out more air for their size, than the lungs of older children and adults.

Even healthy babies may be harmed by exposure to tobacco smoke. Those with breathing problems such as asthma and allergies need special protection, because smoke can cause severe attacks of coughing and wheezing. Most frightening of all is that smoking is related to SIDS (Sudden Infant Death Syndrome). Not much is understood about this tragedy, but quitting smoking is one thing you can do to lessen your baby's risk of sudden death.



Tobacco Smoke and Lung Performance

Lungs can be tested for how well they take in air. Babies and young children whose parents smoke don't test as well as those whose parents don't smoke. This may lead to lung disease later in life, especially if the child starts to smoke.

But What If I Smoke, Or Someone Else In My Home Smokes?

Nobody needs to tell you to quit. You already know that. You've probably even tried before. Most people have. But only those who keep on trying will be able to quit for good. In fact, 39 million Americans have succeeded. So you can, too. And now that there's a baby in the house, it's the perfect reason for you and others in your home to stop.

Here's how to quit:

- ♥ Set a quit date.
- ♥ Get rid of all your smoking things.
- ♥ Have cigarette "substitutes" handy at all times.
- ♥ Ask for support from family and friends.

What Can We Do Until We Quit?

You need to protect your baby. Just follow these simple rules:

- ♥ Never, ever smoke while holding, bathing, or feeding the baby.
- ♥ Never bring a cigarette into the area where the baby is sleeping. Ask relatives and friends not to smoke there.
- ♥ Put off smoking when the baby is with you and in other parts of the home.
- ♥ Insist on no-smoking areas when you visit public places with your baby.

But remember, none of these is as effective as stopping smoking.

Smoking Now, Smoking Later

Children need protection from smoking even after they are no longer babies. The most important influence is the family. When one or both parents smoke, their children are two times more likely to become smokers than children in families where neither parent smokes.

You can get help from your doctor or nurse, or from local offices of the American Cancer Society, The American Heart Association, and the American Lung Association. Or you can telephone (any time before midnight) the National Cancer Institute's health information service; the toll-free number is 1-800-4-Cancer (422-6237).

***Please
Don't Smoke!
There's A Baby
In The House.***

Adapted from "There's A Baby in the House. Please Don't Smoke", Office on Smoking and Health, Department of Health and Human Services.



Smokers-Contact 3

IF YOUR BABY COULD TALK ...
What would your baby
say about your
smoking?

Not so many
ear infections
and colds.

My lungs
wouldn't have to
work so hard.

No more
watery eyes.

I'd feel a lot better:

My nose
wouldn't be
as stuffy
and runny.

More time for
fun things, less
time at the
doctor's office.

I might not
have colic.

No more
sore throat.

You wouldn't
smell like smoke.

Your kisses
would taste
better.

**I'd like being around
you even more:**

You wouldn't
have to turn
away from me
and cough.

You would
look prettier.

"Mama, I love you and I'm going to need you for a long time."

"Please stop putting those burning things in your mouth."

"Those things scare me. I don't like them."

"They make me cough and wheeze."

"Sometimes I pretend what it would be like
if you didn't use those burning things anymore."

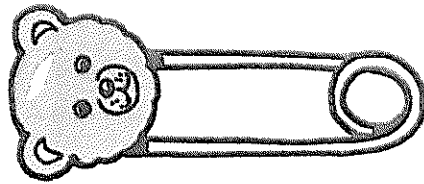


"Mama, please stop!
We would both
feel a lot
better!"



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IF YOUR BABY COULD TALK ...
What would your baby
say about your
smoking?





M♥O♥M♥S♥ Project

Dear Dad,

We are writing you to talk about tobacco smoke and your baby's health. You may have heard about "passive smoke exposure," "involuntary smoking," or "second-hand smoke." These refer to breathing in tobacco smoke from smokers. Everyone in the same room or even the same house with a smoker breathes that smoke. This can be very harmful to your baby's lungs. Babies whose parents smoke have lung illnesses like bronchitis and pneumonia twice as often as children of non-smokers.

If you smoke, you may try to avoid smoking around the baby, but any smoke in the car or house can harm your baby. Right now would be a great time to quit, both for your health and the health of your new baby.

Your smoking also makes it harder for your wife or partner to quit. If she has quit, it makes it more tempting for her to start again. Help her, yourself, and your family. Decide today to quit smoking. We have free, helpful information on ways to quit. If you feel you can't stop or that you don't want to, then please don't smoke near your baby. It would be best to smoke outside.

Maybe you have thought about quitting before, or have even tried to quit. Now is the time to try again. It takes most smokers more than one try to make it.

If you don't smoke, you can support your wife or partner's effort to keep smoke away from your baby. Ask how you can help. If she is still smoking, encourage her to think about quitting. Be sure not to nag or preach. It's your support that she needs.

Thank you for taking the time to read this letter. We know you care about the health of your baby.

Warm regards,

Why Quit?

There are many reasons to quit smoking. Listed below are some of the reasons that ex-smokers gave when asked why they decided to quit. **Take a moment to consider your reasons for quitting;** check the reasons that apply to you. Write in any other reasons you might have to stop smoking. Put this poster on your refrigerator, so when you decide to quit, you can remind yourself of these reasons. This is one way you can fight the urge to smoke when you quit.

My Reasons for Quitting

- ☐ I want my baby to be as healthy as possible.
- ☐ For my own health – to lower my chances of lung cancer, heart disease, and serious illnesses.
- ☐ I will have more energy.
- ☐ My family will be healthier.
- ☐ My breast milk will be free of nicotine and other harmful chemicals from cigarette smoke.
- ☐ I want to be in control of my life.
- ☐ I won't smell of cigarettes and my teeth won't be yellow.
- ☐ My clothes won't smell like cigarette smoke.
- ☐ To set a good example for my family.
- ☐ Out of respect for my body.
- ☐ To lessen my baby's risk of SIDS (Sudden Infant Death Syndrome).
- ☐ I'll feel better – I won't cough so much.
- ☐ It is the right time; I've smoked long enough.
- ☐ Smoking is a waste of money.
- ☐ My other reasons to quit:

The more you want to quit, the easier it will be.
If you really want to stop smoking, decide now
and pick a quit date within the next two weeks.



Smokers-Contact 4



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Quitting Tips for New Mothers

Your pediatric health team wants you to quit smoking, both for your health and the health of your baby.

This brochure summarizes some of the basics of how to quit.

These methods have worked for millions of smokers; **they can work for you!**

Set a Date to Quit

Over 80% of ex-smokers did it by quitting cold turkey. Set a specific quit date two weeks in advance **and then:**



Be Ready For Urges to Smoke

- ♥ Stock up on cigarette "substitutes": sugarless gum, hard candies, toothpicks, carrot sticks.
- ♥ Pick out one or two things to do when you get the urge to smoke; drink water; take a few deep breaths, walk your baby (keep both hands on the stroller).



Throw Away All Your Smoking Items

This will make it easier for you not to smoke.

- ♥ Remove all ashtrays (including the one in your car).
- ♥ Throw away cigarettes, matches, lighters.



Tell Family and Friends...

...that you have quit smoking and ask for their help.

- ♥ Ask them to be helpful and supportive.
- ♥ Ask them not to nag or preach.
- ♥ If they smoke, ask them not to do so in front of you (or around your baby).
- ♥ Avoid those who aren't helpful.

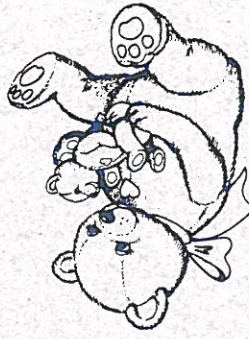
Want Some Extra Help?

Call the Oregon Lung Association's toll free, 24-hour help line at 1-800-223-8023.

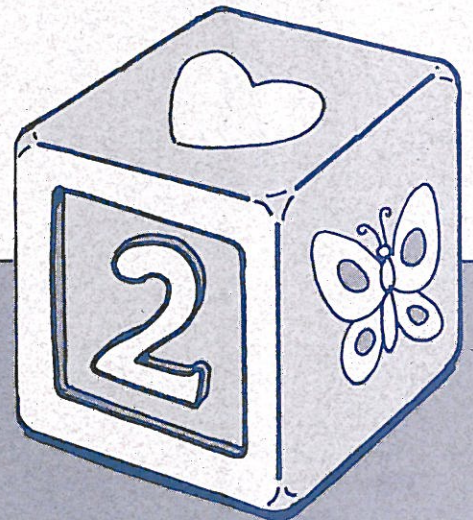
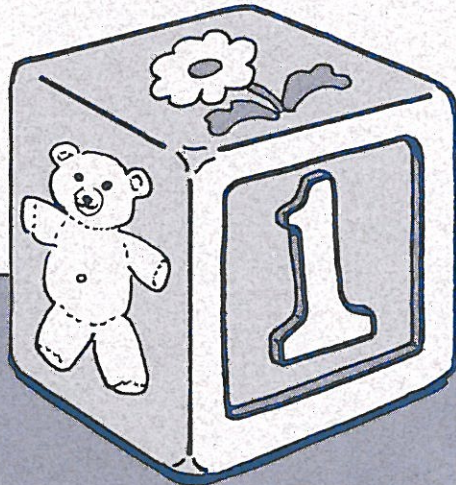
Ask your pediatrician's office for a list of Quit Smoking Programs.

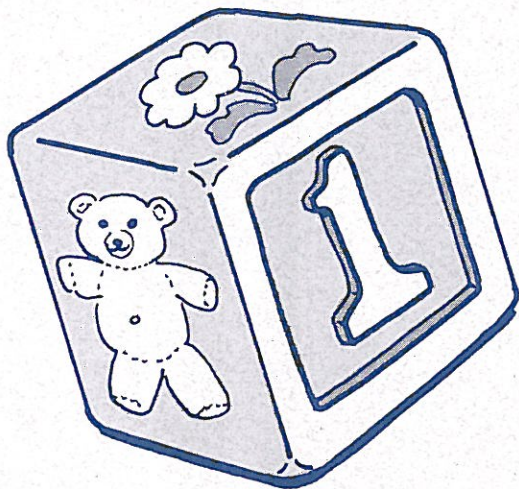
Smokers-Contact 5

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Funded by NHLBI, Division of Lung Diseases



***Two good reasons
for not smoking!***



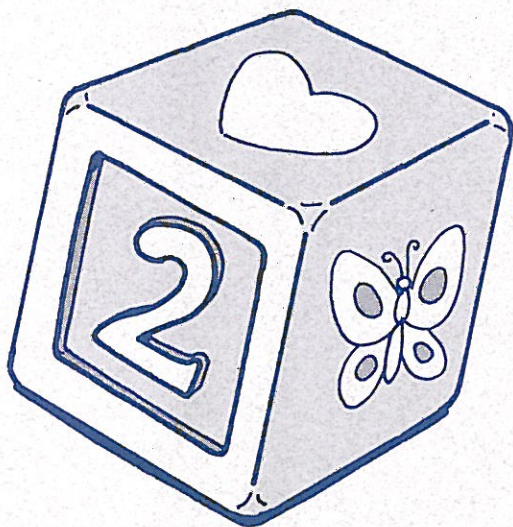


Your Family Needs You

You have a very important role in your family; they depend on you. Do you really want to risk getting sick from smoking? Smokers have a much higher risk of death or disability at a younger age than nonsmokers. A tragically high number of smokers die from cigarette-related diseases in early middle age, when their children still need them.

About 80% of lung cancers are caused by smoking, causing 130,000 deaths per year in the United States. Death rates from cancer of the pharynx, larynx, esophagus, tongue, and mouth are about six times as great for smokers as for nonsmokers. Death rates from heart disease are twice as high for smokers as nonsmokers. Death rates from peptic ulcers are nearly three times as high.

We don't want this to happen to you or your family.



Children Learn From Examples Set By Their Parents

No one is born with a craving to smoke. The first cigarette you smoked probably tasted awful. So why did you continue? Young people smoke for many reasons. All of their friends might smoke. Smoking probably seems sophisticated and grown up. Or maybe they want to rebel against parents or teachers.

Studies show that children of smoking parents are twice as likely to smoke as children of nonsmoking parents. Maybe your parents even said, "Do as I say, not as I do" and you smoked just to make them mad.

Now is the time to ask yourself: Do I want my baby to grow up and be a smoker? People who start smoking at a young age find it harder to quit later, since the habit has had more time to become routine. The ill effects of smoking have had longer to develop, too. So the life expectancy of a smoker who starts at a young age is shorter than that of a person who begins later in life, and far shorter than someone who never smokes at all.

Please stop smoking. Your family needs you and wants you with them for a long time. Your child will grow up with a nonsmoking mom and will be less likely to start!