



Tobacco-Free Times

California Smokers' Helpline 1-800-NO-BUTTS

www.humanresponsenetwork.org/anti-tobacco

Summer 2010

Smoke - Free Outdoor Fun

During the summer, parks and beaches are fun places for you, your friends, and your family to gather. But even when you are outside, breathing other people's tobacco smoke (secondhand smoke) can still make you or your children sick.

What harm does secondhand smoke do?

- A person breathing second-hand smoke is exposed to the same tar, nicotine, and cancer-causing chemicals as the person smoking.
- Secondhand smoke causes asthma, bronchitis, lung cancer, heart disease, and other health problems in adults.
- In children, it can cause ear infections, asthma attacks, bronchitis and increased coughs and colds.

Keep your children safe by playing in nonsmoking areas. All tot lots and playgrounds in the state of California are required to be smoke-free by law. Whiskeytown Recreation Area recently designated four swimming beaches as smoke-free areas. If you are in a place that allows smoking, teach your children to move away from people who are smoking. Ask friends or family members not to smoke around your children, even when outdoors.



Be Smoke - Free for Your Pets

Did you know that secondhand smoke can even harm your pets?

Researchers have found that exposure to tobacco smoke has been associated with:

- certain cancers in dogs and cats
- allergies in dogs
- respiratory problems in birds



You Snus You Lose

Snus, a type of chewing tobacco, is not a safe alternative to smoking. Snus is addictive and causes the same health problems as other forms of chewing tobacco, including:

- cavities
- yellow teeth
- gum disease
- hairy tongue
- mouth cancer
- throat cancer
- heart attacks



111 Mountain View St., P.O. Box 2370, Weaverville, CA 96093 (530) 623-2024 or 1-800-358-5251
Hayfork Office (Community Center) Tule Creek Rd. 628-4565 Mon. Wed. & Fri. 9 a.m.-3 p.m.
Crisis Line 623-HELP 24 hrs. collect ok

Publication paid for by the California Department of Public Health

Quitting Smoking While Pregnant: Tips from the CA Smokers' Helpline (1-800 NO BUTTS)

How Smoking While Pregnant Causes Problems for the Baby

Nicotine is a powerful drug. It travels through the body causing your blood vessels to narrow. When you're pregnant, it also passes through the placenta and umbilical cord to narrow the blood vessels that feed the baby. This means less food and oxygen get through, so your baby may not be growing as it should. Besides nicotine, cigarettes have 4,000 other chemicals, like carbon monoxide (car exhaust) and formaldehyde (embalming fluid). These other chemicals can keep the baby from developing normally.

Risks to the Baby

Before birth, babies cannot get rid of nicotine or other drugs very well. As a result, more nicotine stays in their system. This can lead to miscarriage, premature birth, dangerously low birth weight, and even death.

Low birth weight means the baby didn't get all it needed to grow, so smaller is not better. Actually, with low birth weight there are more complications during birth and after. Infants are three times more likely to die of Sudden Infant Death Syndrome (SIDS) when their mothers are smokers.

The nicotine taken in during pregnancy can affect brain development. This makes learning, attention, and behavior problems more likely when the child is older. Lung infections and asthma also occur more often.

What You Can Do

Focus on what you can do now, not on the past. Make your home smoke-free today. Remember, every cigarette you DON'T smoke helps. It is never too late to quit. Even women who quit in the last week of their pregnancy reduce the risks, compared to not quitting at all.

Coping Strategies for Quitting:

Cravings last 3-5 minutes on average. Find healthy distractions.

Outside. Get out of the house and get some fresh air. Take walks or go to a place where you can't smoke, like a store or the movies.

Prepare for quitting. Cut up healthy snacks to take with you. Have straws, gum, a water bottle and other items on hand.

Infant/baby focused. Think of how quitting helps your baby's health. Make a baby book, hang your ultrasound picture, or fix up the baby's room.

Nurture yourself. Take a warm (not hot) bubble bath, get a massage, or a manicure. Treat yourself with the money you would have spent on cigarettes.

Get involved in new hobbies or classes. Learn to crochet or go to a prenatal class.



Quit smoking now and reduce the risk of:

- Miscarriage
- Learning disabilities
- Premature birth
- Lung infections
- Fetal death
- Asthma
- Low birth weight
- Sudden Infant Death Syndrome (SIDS)
- Attention Deficit Disorder (ADD)

It is never too late to make a fresh start!