



For women, smoking can also cause...

- More severe PMS and earlier onset of menopause.
- A higher incidence of cancer of the lips, mouth, throat, lungs, bladder and cervix.
- An increased likelihood of heart attack - BUT within one year of quitting, your chance of heart attack is cut by 50% and within a few years of quitting, your chances almost equal those of a nonsmoker!
- Earlier onset of osteoporosis, skin wrinkles and stained teeth.
- Serious health problems if you are over 35 and on birth control pills.

Lung cancer has surpassed breast cancer as the leading cancer in women, affecting nearly twice as many women in the United States.



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Protect Your Baby's Breath

The effects of exposing your baby to tobacco smoke can be harmful

Protect Your Baby's Breath



The risks of exposing your baby to tobacco smoke

- Mothers who smoke are less likely to breastfeed and more likely to wean early, denying their baby disease-fighting antibodies.
- Infants of mothers who smoke gain weight at a slower rate because there is 19% less fat in the mother's breast milk and she is unable to produce as much milk as a non-smoker.
- Colic or excessive crying is also more prevalent in babies of mothers who smoke.
- Babies raised in a smoking environment are more likely to develop colds, ear infections, asthma, allergies, bronchitis, and pneumonia.
- Tobacco use doubles and even triples the risk of SIDS (sudden infant death syndrome).
- Children of mothers who smoke during pregnancy are more likely to be slow learners, have lower IQs, have ADHD (attention deficit hyperactivity disorder) and have trouble reading.

What is quitting worth?

A parent who smokes a pack of cigarettes a day at a cost \$10 per pack could save nearly \$65,700 over the next 18 years for their baby's college education if they quit TODAY.

Ready to quit?

Quitting smoking is the most important thing you can do for your health and the health of your child.

Quitting smoking can be difficult but support services are available to offer you assistance. Community smoking cessation classes are conveniently located at eight locations within Herkimer, Madison and Oneida counties. These classes incorporate strategies that are proven to help people quit smoking.

Programs are available each month and generally run for three or four sessions. Emphasis is placed upon learning healthy behavior choices, stress management and relapse prevention.

The Tri-County Tobacco Cessation Center staff is available to help you plan your quit attempt. Referrals will be made to local cessation classes and the New York State Smokers' Quitline. Please call the Cessation Center at 315.624.5371 for information on programs that are available in your community.



Tips to protect your baby's breath

- If you smoke, quit.
- Don't allow anyone to smoke in your home.
- Ask smokers to go outside to smoke.
- Never allow smoking in a car where children ride.