BENEFITS OF Quitting Smoking

There is no safe amount of smoking during pregnancy.

Black women suffer from diseases related to tobacco use and exposure to secondhand smoke at higher rates, which seriously threatens the health and wellness of families, mothers, and babies.

Tobacco use is a major contributor to the three leading causes of death in our community—heart disease, cancer, and stroke.

Black children and adults are also more likely to be exposed to secondhand smoke than any other racial or ethnic group.

Taking control of our health starts with quitting tobacco and helping to ensure every Black woman has the right to breathe smoke-free air at work.

Quitting smoking at any stage of pregnancy has health benefits for both mother and child, including:

- Lowering your risk for lung cancer and many other types of cancer.
- Reducing your risk for heart disease and stroke.
- Reduction in respiratory symptoms, such as coughing, wheezing, and shortness of breath.
- Reducing your risk of infertility.

Quitting smoking and eliminating your exposure to secondhand smoke can also benefit your baby.

Quitting smoking during pregnancy will help:

- Reduce the risk of your baby being born too early or with birth defects
- Increase your chances of heaving a baby with a healthy birth weight and lung development
- Reduce the risk of your baby dying from SIDS (Sudden Infant Death Syndrome)

Quitting smoking after you give birth will help your baby have:

- Fewer coughs and chest colds
- Lower chance of getting bronchitis and pneumonia
- Less frequent and less severe asthma
- Fewer ear infections

Visit **sheahealth.org** for more information about the benefits of quitting and for resources to help you quit smoking.

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