

Smoking-Alcohol-Drugs

How can it affect you and your family?



Smoking:

- ♦ Women who smoke have an increased risk of infertility, miscarriages, pre-term delivery, low birth weight infants, stillbirths, and sudden infant death syndrome.
- ♦ Infants born to women who smoke may have delayed learning, more ear infections, asthma, pneumonia, and bronchitis.
- ♦ Second hand smoke exposure can also lead to low birth weight and other health problems.
- ♦ The best time to stop smoking is before you get pregnant. If you are pregnant and still smoking, try to quit or cut down as much as possible. The fewer cigarettes you smoke, the healthier your baby and you will be.
- ♦ Poisons in secondhand tobacco smoke put children in danger of severe respiratory diseases and can hinder the growth of their lungs.
- ♦ Need help quitting call **1-800-QUIT-NOW**
- ♦ For Cooper Clayton Classes, call the Kentucky Cancer Program at 1-800-242-5662.



Alcohol:

- ♦ When you take a drink, your unborn baby does too.
- ♦ Alcohol use during pregnancy is the single greatest cause of nonhereditary mental retardation and causes lifelong behavior and learning disabilities.
- ♦ If you drink during pregnancy, you will also have a greater risk of having a miscarriage.
- ♦ Alcohol may affect your ability to care for your children.
- ♦ Keep alcohol out of the reach of children. Many common household items such as cough syrup and mouthwash contain high volumes of alcohol.
- ♦ Need help to quit drinking: **1-800-ALCOHOL**



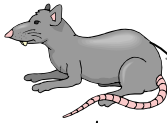
Drugs:

- ♦ Do not take any medications, prescription or over-the-counter, vitamins (Example: Iron pills and Over the Counter Pain medication) or supplements while pregnant, unless ordered by a physician.
- ♦ Most drugs cross the placenta--the organ that provides nourishment to the fetus. Some can cause direct toxic (poisonous) effects and drug dependency in the fetus.
- ♦ Keep out of the reach of children. *Some drugs may look like candy to your child.*
- ♦ Many drugs may affect your ability to care for your children.
- ♦ Breathing in fumes from household chemicals can harm your developing baby. Read labels and follow product instructions. Use such products with caution and in a well-ventilated area.
- ♦ Need help to quit? Call **1-800-622-HELP**



Harmful Chemicals in Tobacco Smoke

ARSENIC
Rat poison



NICOTINE

One of the most addictive substances that is a fast-acting poison

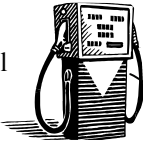


FORMALDEHYDE

Used to preserve dead bodies



BENZENE
Used in fuel



ACETONE

Used in nail polish remover



CARBON MONOXIDE

Poisonous gas that is fatal in large amounts and found in your car exhaust



TAR

70 percent of the tar in cigarettes is left in the smoker's lungs



AMMONIA

Found in toilet cleaner and dry cleaning fluids



HYDROGEN CYANIDE

Gas chamber poison



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Adapted from:
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and
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