



Here are some ways to stay healthy **EVERY DAY**:

Exercise - 30 minutes daily

Vitamin - 400 micrograms of folic acid daily

Educate yourself about medicines and toxins that can cause birth defects

Reproductive life planning

Yearly doctor visits to discuss physical and mental wellness

Diet - vegetables, fruits and whole grains daily

Avoid tobacco, drugs and alcohol

Your partner, friends, and family should be sources of support



www.everywomancalifornia.org

Smoking

Why is smoking harmful?

Smoking can cause many serious health problems in women. These include heart disease, lung cancer, and stroke. Almost 500 women die in the U.S. every day from smoking-related causes. For women who could get pregnant, it is even more important to know about the dangers of smoking.

If you smoke and you get pregnant, can it hurt the baby?

Yes. No amount of smoking is safe during pregnancy. Each puff of smoke has many harmful chemicals. If you are pregnant, the baby gets these chemicals too. Smoking can hurt the baby before you know you are pregnant. Smoking during pregnancy can cause the baby to be born too soon or too small. It also increases the chances of the baby dying at birth or shortly after birth. If you want to get pregnant, smoking may make it harder. These are all reasons why women who could get pregnant shouldn't smoke. Smoke from someone else's cigarette is also bad for your health. Stay away from places where people are smoking.

How do I quit smoking?

You will improve your health if you quit smoking. Quitting is not easy. Most people have to try several times before they can quit. Quitting takes time. That's why it's a good idea to try to quit **now**, especially if you could become pregnant.

Quitting can be difficult without some help. Here are some resources that can help you quit:

- Talk to your doctor about making a plan to stop smoking.
- The California Smoker's Helpline gives free help on the phone in six languages. They also have brochures and can refer you to local services. Call 1-(800) NO-BUTTS or go to <http://www.californiasmokershelpline.org>.
- Nicotine gum, patches, and medications can help smokers quit. Ask your doctor if these are right for you.
- You can also get help from:
 - The American Cancer Society, (800) 227-2345 (Spanish service available)
 - The American Lung Association, (800) 586-4872 (Spanish service available)