It’s Time to Quit Smoking

At Independent Health, we understand that quitting smoking is a difficult habit to break, but we also realize that it’s one of the best things you can do for your health. And now that you’re pregnant that decision impacts more than just your health, it now affects the health of your baby.

DID YOU KNOW?
When you smoke you take in many poisons including the drug nicotine and the poisonous gas carbon monoxide – the same gas that comes out of a car’s exhaust pipe. Nicotine and carbon dioxide keep your baby from getting the food and oxygen he or she needs to grow.
- Your baby may be born too early, before their lungs are fully developed.
- Your baby may need to stay behind at the hospital after your go home.
- Your baby may be underweight; underweight babies are often sick and have many health problems.

BE YOUR BABY’S HERO
Stop smoking. It’s easier said than done. But it’s important to know that you’re not alone. Many women have tried to quit smoking more than once before they’ve stopped for good.

Here are some helpful pointers to get you going:
- Pick your stop date and mark it on your calendar.
- Prepare for the day you will stop smoking. Figure out the three cigarettes you enjoy having the most. Maybe it’s the one you smoke while talking on the phone, the one after you eat, and the one you smoke when you are drinking coffee.
- Start now by not smoking the three cigarettes you choose. While you try to cut down, pick three times during the day you will allow yourself a cigarette. Don’t smoke any other time.
- When you reach your “Stop Smoking Day” you will be smoking less, which will make it a bit easier.
• Before your “Stop Smoking Day”:
  - Plan to do something special on your first day as an ex-smoker.
  - Get rid of all cigarettes and ashtrays.
  - Tell your friends and family that you don’t smoke anymore.
  - Stock up on healthy snacks, like carrots and pretzels, so you have something good to munch on when a craving hits.
• Practice deep breathing.
• Practice saying, “No thank you. I don’t smoke.”

Reward yourself for every week you go without a cigarette. Save the money you would have spent on cigarettes and treat yourself!

ADDITIONAL OPTIONS
1. Ask your health care provider about quitting aids, such as patches, gum lozenges and medications. Don’t start using these without your health care provider’s okay, especially if you are pregnant.
2. You may call (716) 635-3523 to speak with our our prenatal case managers. They can offer you support and answer questions you might have regarding you and your baby’s health.

Questions or Concerns?
As you may already know, there can be common, yet brief withdrawal symptoms after you quit smoking. Whatever method you choose to help you quit, there are numerous ways to lesson and eliminate these unpleasant symptoms by adjusting your lifestyle. You can greatly decrease the symptoms of withdrawal, maintain a healthy weight, improve sleep, and increase your daily energy by incorporating exercise, good nutrition, and stress management into your lifestyle.

If you have questions about Independent Health’s smoking cessation program, please call Member Services at (716) 631-8701 or 1-800-501-3439 or visit independenthealth.com.