



## It's Time to Quit Smoking

At Independent Health, we know that quitting smoking is a hard habit to break. We also know that it's one of the best things you can do for your health. And now that you're pregnant this 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 gas carbon monoxide – the same gas that comes out of a car's exhaust pipe. Nicotine and carbon monoxide keep your baby from getting the food and oxygen they need to grow.

- Your baby may be born too early, before their lungs are fully formed.
- Your baby may need to stay behind at the hospital after you go home.
- Your baby may be underweight, which can make them 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 people have tried to quit smoking more than once before they've stopped for good.

#### Here are some helpful tips 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. This gives you 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. Patches, gum lozenges and medications can help. 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 prenatal case managers. They can offer you support and answer questions you might have about 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 many ways to lower and get rid of these symptoms by changing your lifestyle. You can greatly lower the symptoms of withdrawal, maintain a healthy weight, improve sleep, and increase your daily energy through exercise, good nutrition, and stress management.

If you have questions about Independent Health's quit smoking program, please call Member Services at **(716) 250-7183** or **1-833-891-9372 (TTY: 711)**, Monday – Friday, 8 a.m. – 8 p.m. or visit **[independenthealth.com](http://independenthealth.com)**.



ATTENTION: Language assistance services and other aids, free of charge, are available to you. Call 1-833-891-9372; TTY: 711. ATENCIÓN: Dispone de servicios de asistencia lingüística y otras ayudas, gratis. Llame al 1-833-891-9372; TTY: 711. 请注意：您可以免费获得语言协助服务和其他辅助服务。请致电 1-833-891-9372; TTY: 711.