



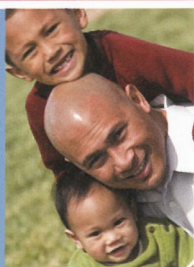
**AMERICAN
LUNG
ASSOCIATION®**
Fighting for Air

QUIT SMOKING:

Good for You,
Good for Your Family



"I do more things that I enjoy, and enjoy what I do more, now that I've quit!"



QUITTING: GOOD FOR YOU

Soon after you quit smoking:

- } You'll have more energy and less stress
- } Your eyes and throat will be less irritated
- } Your smoker's cough will go away
- } Your senses of taste and smell will return
- } You'll start to feel better within two weeks
- } You'll have fewer colds and respiratory infections

And over time:

- } Your body will repair some of the damage of smoking
- } You will reduce your risk of cancer, heart disease, emphysema, and high blood pressure.

QUITTING: GOOD FOR BABY

There's never been a better time to quit! Quitting decreases the dangerous risks to unborn babies, which include:

- } Miscarriage and stillbirth
- } Premature delivery
- } Low birth weight

Babies born to mothers who smoked during pregnancy are at greater risk of:

- } Sudden infant death syndrome (SIDS)
- } Ear infections, colds and other lung problems

Secondhand smoke is dangerous, too. Ask people like family, friends, and babysitters not to smoke in any area near you and the baby. Stay away from places where people are smoking.

It's just as important to stay quit after the baby is born. Secondhand smoke is very harmful to your baby. Babies of smokers get more respiratory illnesses. If you smoke and breastfeed, nicotine passes into breast milk and is ingested by your baby. By quitting for good, you and your baby can begin a smokefree life together.

QUITTING: GOOD FOR OTHERS

Studies show that cigarette smoke is harmful to everyone who inhales it- not only to the smoker. Exposure to your smoke can cause disease, including heart disease and lung cancer, in the healthy nonsmokers around you. Children, because of their small size, are at a special risk.

Children with parents who smoke:

- } Get more colds, ear infections, bronchitis, pneumonia
- } Are more likely to be hospitalized during first two years
- } May be smaller, with slower lung development
- } Are more likely to smoke when they grow up

Quitting can reduce all these risks for you and your family.

"My kids say they were worried about my smoking. They're happy that I've given it up!"



"I thought quitting was just mind over matter. But I found out different. I learned how to quit. I learned how to keep my mind of cigarettes, how to keep from smoking when I'm with friends, and how to stay calm. You know what? This time I stopped for good."



GETTING HELP TO QUIT SMOKING

SMOKING CESSATION PROGRAMS

Freedom From Smoking Clinics	(314) 645-5505
Freedom From Smoking Helpline	1-800-LUNG-USA
MO State Quitline	1-800-QUIT-NOW
Freedom From Smoking Online	www.ffsonline.org
Become an Ex	www.becomeanex.org
My Time to Quit	www.mytimetoquit.com

Have questions or want more information?
Contact the American Lung Association today.

(314) 645-5505