

THE GOOD NEWS

STRESSED OUT TRYING TO QUIT SMOKING?

IT'S NEVER TOO LATE TO



Now you're pregnant you may already want to quit smoking, but feel you can't do it on your own especially if others smoke at home or in your family.

You maybe able to quit with support and guidance. Some women require **Nicotine Replacement Therapy** such as inhalators or patches. These products are **better for you and your baby** as they don't contain all the harmful chemicals that a cigarette does.

WHAT YOU CAN DO

Focus on what you can do today, not in the past. **Make your home smoke-free today.** Remember, every smoke matters. It is never too late to quit. Even women who have quit in the last week of their pregnancy reduces the risks, compared to not quitting at all.

IF YOU ARE THINKING ABOUT QUITTING OR CUTTING DOWN ON THE SMOKES TALK TO YOUR:

- Doctor
- Midwife or Health Worker
- Tackling Smoking Team (TIS) located at GRAMS

Within 24 HOURS of quitting you will already be making a difference to your baby's health and development

BUT NOT SURE HOW TO GO ABOUT IT? THE WANGGAJIMANHA TACKLING INDIGENOUS SMOKING (TIS) TEAM CAN HELP!

Our aim is to **offer brief, non-judgemental assistance** and guidance on where to go for assistance or support to quit and stay quit!

OUR TIS TEAM MEMBERS CAN PROVIDE

- brief advice about positive benefits of quitting
- we can offer one on one sessions to set a quit date
- we work with:
 - mothers who smoke during pregnancy
 - members of the aboriginal community who smoke
 - relapsed smokers – people who have quit before but started again. It's never too late to give it another go
 - concerned family members – if you know someone who smokes ask for information on how to help them quit

CONTACT OUR TACKLING INDIGENOUS SMOKING (TIS) TEAM AT GRAMS ON 9956 6555

MAKE SMOKING HISTORY

GRAMS – 60 RIFLE RANGE RD, RANGEWAY WA



Geraldton
Regional
Aboriginal
Medical
Service



GRAMS
Wanggajimanha
Taking and Looking Together



I'M NOT BORN YET BUT I AM A
SMOKER

WHEN YOU SMOKE I SMOKE TOO

**DITCH THE SMOKES
FOR YOU AND YOUR BABY**

THE FACTS

SAVE MONEY, FEEL GREAT...



GIVE YOUR BABY THE GREATEST GIFT OF ALL A BETTER CHANCE OF LIFE

We know for some people, quitting can be difficult. **But it really is worth it, for both you and your baby.** Every time you smoke it's like locking your baby in a smoke filled room, with over **7,000 harmful chemicals**. Chemicals can cause a miscarriage, premature birth and still born.

RISKS TO YOUR CHILD INCLUDE:

- Early labour
- Miscarriage
- Increased chance of having a cleft lip
- Breathing difficulties
- Learning disabilities
- Ear nose and throat problems



RISKS TO YOU

Smoking can make your **morning sickness** even worse and lead to **dangerous complications during pregnancy**, smoking also puts you at greater risk of getting **heart disease and some cancers**.

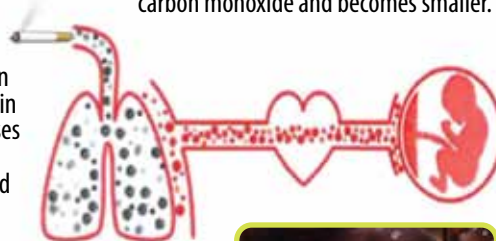
The great thing about quitting is that you will feel the benefits from the moment you stop, and that will keep getting better

QUIT FOR YOUR BABY

When you smoke there are **3 main chemical components** that affect your baby. **Tar, nicotine & carbon monoxide**, which is a poisonous gas that gets into your bloodstream and **cuts down the baby oxygen**. Babies who don't get enough oxygen are smaller and weaker.

THE SCIENCE BIT... How carbon monoxide gets into your body.

Lung to blood transfer
Carbon Monoxide in smoke is absorbed in the lungs and crosses on to the red blood cells in mum's blood stream.



Placenta

Carbon monoxide passes into the baby's blood stream at the placenta. The placenta itself is also damaged by carbon monoxide and becomes smaller.

Baby's blood carries 2 x the load

Carbon monoxide sticks to the baby's red blood cells twice as much as it does to mum's. So less oxygen is available to help baby grow. Baby is deprived of oxygen for 20 minutes after each cigarette.



Nicotine increases your heart rate and your baby's heart rate, narrowing the blood vessels and reducing blood flow and food supply to your baby

Now you are breathing for two, every smoke that you have starves your baby of oxygen

Nicotine affects the quantity and quality of breast milk you produce

It's best to quit without any medication but if this doesn't work, nicotine replacement therapy could help!

QUIT FOR YOURSELF

You might think smoking reduces your stress levels. In fact, it's the cravings between cigarettes that make you anxious. You'll feel far less stressed **once you've quit and don't have cravings anymore.**

KNOW THE BENEFITS

In **20 minutes your blood pressure will return to normal**, you will have more oxygen in your body and which will make labour easier, you'll feel less sick, the risk of miscarriage, premature delivery, stillbirth and cot death are all reduced.



By quitting, you will reduce your risk of developing illnesses like **cancer, heart or lung disease**. You'll also **reduce your risk of gangrene or amputation** caused by circulatory problems.

You will save a small fortune every month!
"Since I've quit smoking, I've been able to afford more little treats for me and my baby..."

Want to be mistaken for your baby's Nana?

Damage to your skin, premature ageing, cellulite, yellow teeth and nails, stretch marks...smoking does **very real and lasting harm** to your looks.

The damage smoking can do to your looks is scary – and once the damage is done, there's no turning back.



STOP SMOKING, STAY YOUNG!

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