

Why is smoking a problem when you are pregnant?

- **Smoking can cause many sicknesses for you and your family.**
- **Tobacco has many poisons in it.**
- **Smoking can do many bad things to your body and it can harm your children.**
- **Smoking during pregnancy can cause your baby to have low birthweight. Low weight babies can be sicker at birth.**
- **Smoking increases the risk of having a premature baby, a still birth and sudden infant death syndrome (SIDS).**

What can you do?

You could talk to an Aboriginal health worker about your smoking.

You can have a go at stopping smoking, or even start by cutting down how many cigarettes you smoke a day.

You could ring Quitline on 13 7848.

If you can quit it will help you and your baby because:

- you will have more energy during pregnancy as your body has more oxygen
- it will allow your lungs to breathe better
- it will make it easier for your baby to get the oxygen and nourishment it needs
- the poisons from cigarettes will not be passed on to your baby
- your immune system that protects your body from disease, will become stronger, so you will be healthier
- you can be a good example for your family, to encourage them not to smoke.

Other things you can do

Young children have smaller, more delicate lungs than adults.

Help protect your family against passive smoking (breathing in other smokers' cigarette smoke) by:

- not smoking inside your house, if you are a smoker
- asking people not to smoke inside your house (they could smoke outside)
- not smoking near your children or in closed spaces, such as the car, if your children are inside
- not smoking when you feed your baby
- not letting your children light cigarettes, or carry them or chew tobacco.

Why should you do this?

Because children who live in a house where there are smokers:

- get more ear infections, chest infections and asthma
- need to go to the health worker or the hospital more often
- miss out on more school due to illness
- may not be as good at sport as they could be.

Why is smoking a problem?

- Smoking causes many sicknesses.
- Smoking can make you and your family sick.
- Many Aboriginal people of all ages smoke.
- Smoking costs you a lot of your money.

What poisons are in tobacco?

Every cigarette you smoke has over 4,000 chemicals and over 60 of those chemicals can cause cancer.

Some of these poisons are:

- nicotine (this is what causes people to become physically addicted to smoking, but nicotine by itself has not been shown to cause cancer)
- black substance that sticks to the lining of your lungs (tar)
- car exhaust (carbon monoxide)
- floor cleaner (ammonia)
- rat and white ant poison (arsenic)
- lead (brain damage in humans)
- mothballs (naphthalene)
- liquid used to preserve human bodies (formalin)
- paint stripper (acetone)
- insect killer (DDT)
- rocket fuel (methanol)
- hydrogen cyanide (a gas that kills)

What does smoking do to my body?

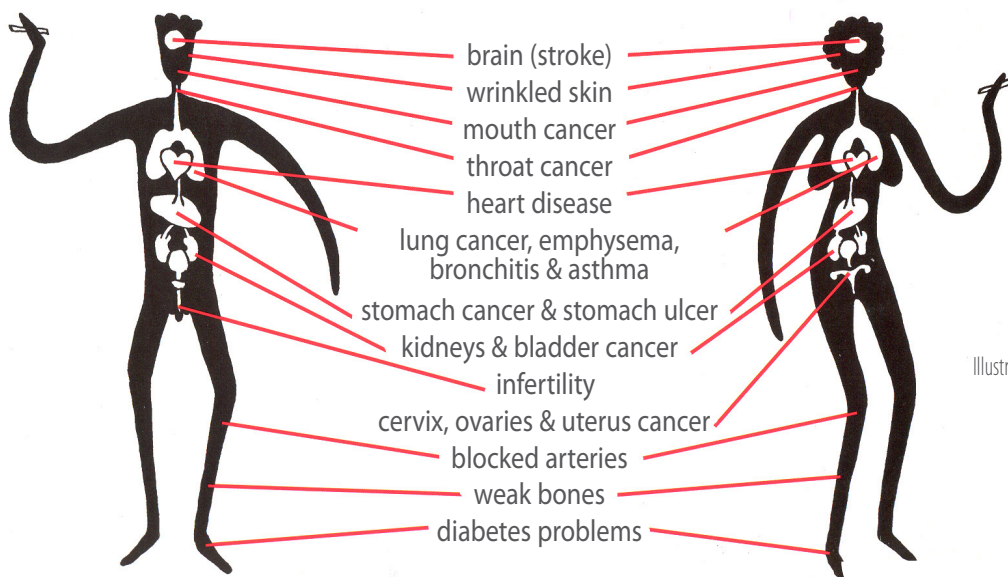


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