

EVERYTHING A PREGNANT WOMAN CONSUMES HER BABY CONSUMES.

Smoking can lead to: • miscarriage or premature birth • a small, sickly, weak baby • stillbirth • higher chance of birth defects

• lifetime lung problems • SIDS • more behavior problems • lower IQ score and poor school performance

For free help to stop, call Alabama Tobacco Quitline: 1-800-QuitNow (784-8669) or visit AlabamaQuitNow.com.

Alcohol can lead to: • a small, sickly, weak baby • stillbirth

• Fetal Alcohol Syndrome (FAS)

A child with FAS can have a lifelong range of disorders such as learning disabilities, trouble eating and sleeping and problems paying attention.

Mothers who stop using at any time during pregnancy increase the chance of their baby being born healthy. Being healthy before pregnancy is important for you and your baby and increases your chances of having a healthy baby.

Drug use can cause: • a baby to be born too soon or too small

• a miscarriage • withdrawal symptoms • birth defects

• learning and behavior problems

For free help to stop call 1-800-367-0955 or www.mh.alabama.gov/SA/FindServices.aspx



For free and confidential information on Family Planning Services, or to learn how to have to have a healthy pregnancy, call 1-800-545-1098.

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THINKING ABOUT SMOKING?
DON'T.
THINKING ABOUT QUITTING?
START RIGHT NOW.



Do the little things today for a healthy life tomorrow.

*It is all about me!
a healthy*



DON'T EVEN START!

TOBACCO ISN'T WORTH IT!

- Tobacco smoking affects your appearance! It gives you: • wrinkles • bad breath • yellow teeth, nails and fingers • dulls your hair
- Tobacco smoke has many poisonous chemicals that can cause cancer
- Light or ultra light cigarettes have the same amount of tar and nicotine as a regular cigarette
- Smoking affects the way things taste and smell
- Smokers are more likely to have depression and use alcohol, marijuana and cocaine
- Smokers have an increased chance of heart attacks and cancers of the lung, throat, mouth, bladder, kidney, pancreas, cervix and stomach
- Second-hand smoke can affect the health of a child and cause the child to get sick more often, have more ear infections, have bronchitis and pneumonia and have more coughing and wheezing

DID YOU KNOW THAT ALCOHOL?

- Can be harmful to your health no matter what age you may be • Affects your body inside and out
- Can affect your health and cause liver disease, heart disease, sleep disorders, depression, stroke and several types of cancer

USING DRUGS IS RISKY!

Using drugs can cause cardiovascular disease, stroke, cancer, HIV/AIDs, hepatitis, and lung disease.

The health risk to women includes poor nutrition, high blood pressure and rapid heartbeat. Women who use drugs often have depression, anxiety, feelings of powerlessness, low self-esteem and low self-confidence.