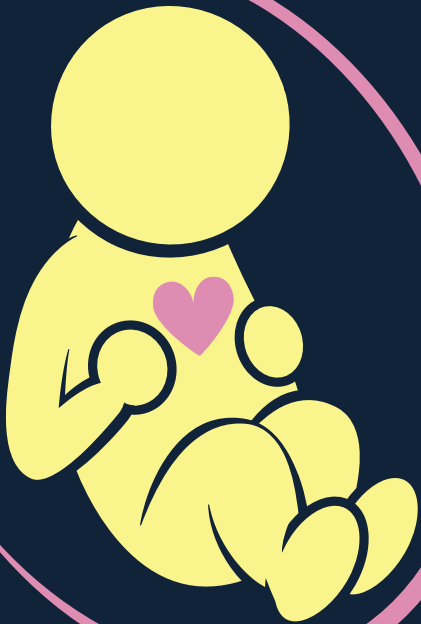


# BODY WELL, BABY WELL!

RISKS of PREGNANCY,  
DRUGS, ALCOHOL and  
SMOKING



**IT'S NEVER TOO LATE TO  
QUIT DRINKING, SMOKING  
OR ABUSING DRUGS.**

**WHEN IS THE BEST  
TIME TO QUIT?**

**NOW.**

You have the power to make sure your baby is born healthy and free of problems caused by alcohol, drugs and cigarettes. Your doctor doesn't have this power. The baby's father doesn't have this power. Your parents don't have this power. Only you do. Show the world that you have the power. Do the right thing for your baby and yourself. Never drink, smoke or take drugs while you're pregnant.

If you're a woman who is pregnant or thinking about getting pregnant, you have an important choice to make. More and more unfortunate babies are born each year with defects as a result of the mother drinking, abusing drugs and smoking. These can affect a baby's brain and learning abilities, its facial structure, its heart, lungs and kidneys, and its growth, memory, attention and behavior. And these results can't be cured.

Here's the kicker: it's 100% preventable. Making sure your baby isn't born with substance abuse problems calls for only one step...

**If you're pregnant...**

- Don't drink alcohol.**
- Don't do drugs.**
- Don't smoke.**

**KEEP YOUR BODY WELL AND IT  
WILL KEEP YOUR BABY WELL.**

**DISCLAIMER.**

This book provides general information about pregnancy, substance abuse and related issues. This information does not constitute medical advice and is not intended to be used as a solitary reference on the subject matter, for the diagnosis or treatment of a health problem, or as a substitute for consulting a licensed healthcare professional. Consult with a qualified physician or healthcare practitioner to discuss specific individual issues or health needs, and to professionally address personal, emotional, health, physical or medical concerns.

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# BODY WELL, BABY WELL!

RISKS of PREGNANCY, DRUGS,  
ALCOHOL and SMOKING

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# DRINKING AND PREGNANCY

## TOP OF THE LIST

If you've found out you're pregnant there are many things you'll need to put on your to-do list. You'll need to make plans and talk to the father. You'll need to start eating more healthy foods and taking care of yourself. You'll have to find a doctor and make regular office visits. But the Number One item on your to-do list: **STOP DRINKING.**

One of the most dangerous drugs for a pregnant woman is alcohol. This risk can be most harmful during the early stages.

## QUICK HITS

**When you drink alcohol, so does your baby.**

## WHAT ALCOHOL DOES

Alcohol goes through a chemical breakdown in the mother's body. It becomes a compound that harms cells. It gets taken in by the baby growing in the womb. Heavy drinking by a woman in the early stages of pregnancy greatly raises the risks of many birth defects. These can be:

→ **A small skull**

→ **Facial problems**

→ **Heart problems**

→ **Stunted growth and mental retardation**

Medical experts all agree that a woman should never drink alcohol while pregnant. It doesn't matter if the woman is younger or older. It doesn't matter if she's a first-time mom or a mother with many children. The results of alcohol on a baby are just as real and just as harmful. Even milder alcohol drinks like beer and wine coolers can be risky. Make all alcohol off limits during your pregnancy.

# FETAL ALCOHOL SPECTRUM DISORDERS

Fetal Alcohol Spectrum Disorders (FASD) include a range of problems brought on by a mother's drinking while pregnant. Fetal Alcohol Syndrome (FAS) is one of these problems. We'll take a closer look at Fetal Alcohol Syndrome in the next chapters.

FASD also consists of these health issues:

- Partial Fetal Alcohol Syndrome (PFAS)
- Alcohol-related neurodevelopmental disorder (ARND)
- Alcohol-related birth defects (ARBD)

Fetal Alcohol Syndrome (FAS) is one of many serious conditions caused by drinking while pregnant.



## FIND IT!

**BabyCenter: Drinking Alcohol during Pregnancy**

[www.babycenter.com/0\\_drinking-alcohol-during-pregnancy\\_3542.bc](http://www.babycenter.com/0_drinking-alcohol-during-pregnancy_3542.bc)

# WHAT IS FETAL ALCOHOL SYNDROME?

## NO SAFE AMOUNT

Alcohol can cause many problems for people who drink too much of it. For pregnant women, those risks are greatly raised. Fetal Alcohol Syndrome (FAS) can happen when a pregnant mother drinks too much.

When a pregnant woman uses or abuses alcohol, the results pose harmful risks for her unborn baby. After all, just like the food you eat, what you drink passes through the placenta into the baby. Any amount of alcohol taken in by the mother can be passed to her baby and cause FAS. There is no safe amount of alcohol to have when you're pregnant. Larger amounts raise the chances. Binge drinking presents a much greater risk than small amounts.

Fetal Alcohol Syndrome is not a virus that can be caught from someone. It isn't passed down from a parent. It's caused by one thing and one thing only: a mother who drinks alcohol during her pregnancy.

## QUICK HITS

**All drinks that contain alcohol can be harmful to your baby.**

**F.**  
**A.**  
**S.**

### **FETAL:**

Pertaining to a fetus or unborn child

### **ALCOHOL:**

Intoxicating liquor

### **SYNDROME:**

A group of symptoms that make up a disease, disorder or other abnormal condition

## THE RESULTS ARE IN

**If you're pregnant and you drink alcohol, it can hurt your baby's growth. The Fetal Alcohol Syndrome results can differ from child to child, but these can't be cured or reversed.**

According to the Missouri Department of Mental Health, Division of Alcohol and Drug Abuse, a baby with Fetal Alcohol Syndrome may have:

- ✿ Small body size and weight
- ✿ Slower than normal growth, not able to "catch up"
- ✿ Deformed ribs and breast bone
- ✿ Curved spine and hip dislocations
- ✿ Bent, fused, webbed or missing fingers or toes

## FIND IT!

**The National Organization on Fetal Alcohol Syndrome**

[www.nofas.org](http://www.nofas.org)

# THE NUMBERS GAME



Amount of alcohol that is okay for a woman to have while pregnant.

**Fetal Alcohol Syndrome is the only birth defect that can be completely prevented. It doesn't have to happen.**

- ✿ Limited movement of joints ✿ Drooping eyelids
- ✿ Facial problems ✿ Small eye slits ✿ Small head
- ✿ Skin webbing between eyes and base of nose
- ✿ Nearsightedness ✿ Failure of eyes to move together
- ✿ Short turned-up nose ✿ Sunken nasal bridge
- ✿ Flat or absent groove under the nose and above the upper lip
- ✿ Thin upper lip ✿ Opening in roof of mouth ✿ Small jaw
- ✿ Low-set or poorly formed ears ✿ Organ deformities
- ✿ Heart problems or murmurs ✿ Genital problems
- ✿ Kidney and urinary problems ✿ Small brain ✿ Anger
- ✿ Central nervous system handicaps ✿ Learning handicaps
- ✿ Faulty brain cell order and connective tissue
- ✿ Mental retardation -- sometimes harsh
- ✿ Short attention span ✿ Hyperactivity as a child
- ✿ Poor body, hand, and finger coordination

## TRULY TOXIC

An unborn child's brain and nervous system are very sensitive to the toxic effects of alcohol. Even the smallest amounts can cause a lasting illness. It has been shown that 30% of babies born from alcoholic mothers will have enough alcohol in the womb to be diagnosed with FAS.

No amount of alcohol is known to be safe to drink during pregnancy. If you drink during this time, you are placing your baby at risk of FAS.

If you think your child may have FAS, talk to your doctor right now. Diagnosing FAS early may help lessen the risk of more problems, like learning disabilities and later substance abuse.

# A BRIEF HISTORY OF FAS

## AN AGE OLD PROBLEM

Fetal Alcohol Syndrome is surely not new. There were people in biblical, ancient Greek and Roman times who recognized the link between drinking and birth problems. Mothers in old Scotland were not allowed to drink alcohol during pregnancy and while breastfeeding.

But it wasn't until 1899 that a British prison doctor named Dr. William Sullivan noted higher rates of stillborn babies among 120 alcoholic women prisoners compared to sober women inmates. Before these findings, it was believed that heredity was the cause of mental retardation, poverty and criminal actions.

## FIND IT!

**Wikipedia: Fetal Alcohol Syndrome**  
[en.wikipedia.org/wiki/Fetal\\_alcohol\\_syndrome](http://en.wikipedia.org/wiki/Fetal_alcohol_syndrome)

## FAS FORWARD

Fetal Alcohol Syndrome was identified and named in 1973. After decades of research and studies, experts decided that alcohol was to blame for these birth defects and not heredity.

Further studies all over the world came up with the same findings. The children of alcoholic mothers had the same facial features, the same learning problems and the same behavior problems. These patterns told researchers that the problem was prenatal, happening before birth.

These researchers had turned up hundreds of cases by the late 1970s. Fetal Alcohol Syndrome had started to become described as the most frequent known cause of mental retardation.

Up to date studies all over the world keep proving that FAS can be stopped if women give up alcohol completely during pregnancy. People in ancient Greece and Rome knew of the dangers. We should too.



# The FAQs of FAS

## Q&A

Even though you know what it is, you might have a lot of questions about Fetal Alcohol Syndrome. This section aims to answer those questions and make the problem easier to understand.

**Q:** How much alcohol is safe to drink when you're pregnant?

**A:** None. There is no safe amount to drink when you're pregnant.

**Q:** How does alcohol cause FAS?

**A:** An unborn baby, or fetus, gets food, liquids, blood and oxygen through the placenta and then the umbilical cord attached to its mother. Some of what the mother eats will later pass to the baby through the cord. Alcohol in the mom's blood is freely passed to the baby in the same way.

**Q:** What can happen to a fetus when a pregnant woman drinks alcohol?

**A:** When a woman drinks during her pregnancy, her baby is at risk of having a wide range of harmful results. These can be:

- Spontaneous abortion
- Slowed growth rate
- Physical, mental and behavioral problems
- Facial problems
- Lower IQ
- Smaller head size
- Speech and language learning problems

In the worst cases, contact with alcohol can result in the death of the fetus.

**Q:** Is there a time during the pregnancy when it's more dangerous to drink than others?

**A:** No time during a pregnancy is safe to drink alcohol. Any alcohol during the first trimester (the first week through the 13th) is most critical. Drinking alcohol during this time can result in facial and other body defects.

**Q:** My child has FAS. Can it be cured or treated?

**A:** FAS can't be reversed or cured. It's a condition that lasts a person's whole life. It impacts each part of a child's life and poses problems and challenges for his or her family. If found early, a child with FAS can get treatment that can help make for a better life.

**Q:** Is FAS passed on from a parent?

**A:** No. FAS can only occur when a pregnant woman drinks alcohol. Some children are more likely to suffer from FAS if their mothers drink during pregnancy than others. It isn't known why.

**Q:** How do I know if my baby has FAS?

**A:** Talk to a doctor if you think your child may have FAS. Look for these signs or behaviors in your child:

- ✦ Small for his or her age compared to other kids
- ✦ Deformities of the face, such as small eye slits
- ✦ Poor coordination
- ✦ Hyperactive
- ✦ Learning problems
- ✦ Speech and language problems
- ✦ Mental retardation or low IQ
- ✦ Problems with daily living
- ✦ Poor reasoning and judgment skills
- ✦ Mental health problems when older
- ✦ Behavior problems at school

## THE NUMBERS GAME

# 30

Percentage of babies born from alcoholic mothers that have enough contact with alcohol in the womb to have FAS.

When grown up, people with FAS often go through social problems, trouble with the law and not being able to hold a job.

**Q:****Does drinking while pregnant always cause Fetal Alcohol Syndrome?****A:**

Not always, but it's not possible to know what it will do to each child. Some women drink a lot during their pregnancies and their babies turn out fine. Others may drink a small amount and have babies with symptoms of alcohol exposure.

Body parts and organs start forming on an embryo during weeks 3 to 8. Many women don't even know they're pregnant at this time. Decide to stop drinking **AS SOON AS YOU LEARN YOU'RE PREGNANT**. Heavy drinking and binge drinking are the most dangerous types of drinking. This pattern of abuse will decide what alcohol does to a fetus during the early weeks of its life.

It's never too late to quit drinking. The sooner you stop drinking, the better chance of a healthy life for you and your baby.

**Q:****Is it okay to only drink beer and wine coolers?****A:**

All drinks with alcohol can hurt your baby. A 12-ounce can of beer has the same amount of alcohol as a 4-ounce glass of wine or a 1-ounce shot of straight liquor. Plus, some drinks, like malt beverages, wine coolers and mixed drinks often have more alcohol than a 12-ounce can of beer.

**Q:****What if I drank during an earlier pregnancy and that child turned out okay?****A:**

Pregnancies aren't all the same. Alcohol may hurt one baby more than another. One baby could be born healthy while another has many problems. Don't take the chance.

**Q:****Can a father's drinking harm the baby?****A:**

The Centers for Disease Control and Prevention report: "How alcohol affects the male sperm is currently being studied. Whatever the effects are found to be, they are not fetal alcohol spectrum disorders (FASDs). FASDs are caused specifically by the mother's alcohol use during pregnancy."

The father can play a big part. He can help the woman stay away from alcohol during her pregnancy. If he is strong enough to stop drinking during the pregnancy, it can help the mom to stay away from it as well.

## FIND IT!

**Centers for Disease Control and Prevention:  
Alcohol and Pregnancy  
Questions and Answers**

[www.cdc.gov/ncbddd/fasd/faqs.html](http://www.cdc.gov/ncbddd/fasd/faqs.html)



# DRUGS AND PREGNANCY

## PLAYING WITH FIRE

Giving up alcohol, drugs and cigarettes is key for a woman as soon as she learns she's pregnant. Anything that could harm her baby or herself should be skipped at all cost, especially drugs.

Drug abuse for a pregnant woman is like playing with fire. You can't be sure what the harm will be, but you can know for certain that there will be harm. Drugs may hurt her health and the baby's health and the mother's ability to carry the baby to full term. Drugs can also affect the growth of the baby. Like with alcohol abuse, the results can be tragic and last a lifetime.

## DANGER IN STAGES

While some drugs are harmful any time during a pregnancy, there are others that are more risky at certain stages. A baby's body organs form during the first 10 weeks. Alcohol and certain drugs can cause malformations of the baby's face, heart, arms and legs during this time.

After the 10th week when the baby is growing quickly in weight and size, drugs can harm those organs still growing. The nervous systems and the eyes can be harmed at this time. Keep taking drugs during this stage and miscarriage or premature delivery are much more likely.

Near the end of pregnancy some drugs may make delivery harder or more unsafe. They may cause health problems for the newborn baby.

For the mother, abusing illegal drugs can result in:

✿ Anemia

✿ Blood and heart infections

✿ Skin infections

✿ Hepatitis

✿ Greater risk of STDs

✿ Premature labor

✿ Sudden bleeding

## DRUGS = DANGER

All illegal drugs are dangerous for a woman carrying a child. Even medical, prescription and over the counter drugs have been known to be harmful. If you are pregnant, stay away from all illegal drugs. Talk to your doctor if you take prescribed medicine for a condition or illness.

# ILLEGAL DRUGS AND WHAT THEY CAN DO

## DRUG

## WHAT IT CAN DO

### Cocaine and Crack

These strong stimulants affect the central nervous system. In a pregnant woman's body they can:

- Harm one's appetite
  - Cause blood vessels to tighten, the heart to beat faster and blood pressure to rise
  - Hinder the growth of the fetus
  - Raise the risk of miscarriage, premature labor and abruption, the separating of the placenta from the wall of the uterus. This separation can cause the death of the baby
- Taken late in the pregnancy, these drugs can make the baby depend on them and suffer withdrawal. These can be shaking, not being able to sleep, muscle spasms and a hard time sucking. Learning problems may come later.

### Heroin and heavy drugs

Heavy drugs like heroin can cause these problems for the baby:

- Premature birth
- Low birth weight
- Breathing problems
- Low blood sugar
- Bleeding inside the head
- Drug dependent and withdrawal symptoms like vomiting, diarrhea and joint stiffness

The mother injecting these drugs runs the risk of getting HIV and AIDS from dirty needles. This life-threatening disease can then be passed on to her baby.

### Inhalants like glue and paints with toluene

Some glue and paints contain toluene. This is known to cause birth defects. When glue or paint with toluene is breathed, permanent defects for the baby are a real risk.

### Hallucinogens like PCP (phencyclidine or angel dust) and LSD

Hallucinogen abuse during pregnancy can lead to low birth weight, premature labor and miscarriage. These babies can have brain damage, poor muscle control, stiff muscles and birth defects such as facial deformities. Frequent abuse can cause the baby to become dependent and have withdrawal symptoms such as tremors and feeling sluggish. Behavior problems are likely as they grow older.

### Marijuana

Marijuana is often taken with tobacco and alcohol, so it's not clearly known what it can do to a fetus. Like alcohol and tobacco, marijuana use is often linked to premature birth and low birth weight.

### Methamphetamines

Meth is known to speed up the heart rate of the mother and the baby. The baby will not get the oxygen it needs, which can result in low birth weight, premature labor and miscarriage. Babies can be born addicted to meth and go through withdrawal symptoms. These can be tremors, sleep problems, muscle spasms and feeding problems. They may also have a hard time learning later in life.

## QUICK HITS

Using cocaine during pregnancy raises the risk of *abruption*, the partial separating of the placenta from the wall of the uterus. This can also be caused by riding extreme roller coasters.

# MEDICATIONS AND WHAT THEY CAN DO

Side effects from prescribed and over the counter medicines can be harmful to your unborn baby. Always talk to your doctor first before taking any of these. Here are some medical drugs that are best not taken at all while you're pregnant.

DRUG	USED FOR	RISK
<b>Isotretinoin (Accutane) and etretinate (Tegison)</b>	Treating chronic acne and psoriasis	May cause serious malformations when organs develop
<b>Anticonvulsants, such as phenytoin (Dilantin) and carbamazepine (Tegretol)</b>	Preventing epileptic seizures	Defects of the heart and face, as well as mental retardation
<b>Antimigraine drugs, such as ergotamine and methysergide</b>	Migraine headaches	Premature labor
<b>Aspirin, ibuprofen, other non-steroidal anti-inflammatory drugs (NSAIDs)</b>	Pain and fever	Stop the blood from clotting and raise the risk of uncontrolled bleeding for both mother and baby; toward the end of pregnancy, they can stop the production of the hormones that start labor, dangerously slowing or extending it
<b>Anticoagulant drugs based on coumarin</b>	Treats heart disease and stroke by slowing blood clotting	Taken during early pregnancy, they can cause facial malformations and mental retardation; later on they raise the risk of uncontrolled bleeding

## THE NUMBERS GAME

# 221,000

Average number of women who use illegal drugs during pregnancy each year in the U.S.

## FIND IT!

**Centers for Disease Control and Prevention: Medications and Pregnancy**

[www.cdc.gov/pregnancy/meds/index.html](http://www.cdc.gov/pregnancy/meds/index.html)



# SMOKING AND PREGNANCY

## SAD BUT TRUE

Babies born too soon.

Babies born too small.

Babies who die before ever being born.

These are some of the results for babies with mothers who smoke during pregnancy. Nothing can protect babies from the harmful effects of smoking by a mother.

## WHAT'S THE BIG DEAL?

Cyanide, lead, arsenic, tar, ammonia, formaldehyde and more than 60 cancer-causing ingredients. That's what cigarette smoke has in it. When you smoke, those and other chemicals enter your lungs and bloodstream. When you're pregnant and you smoke, you pass that stuff directly to your child.

There are two killer things that are really dangerous to an unborn baby: nicotine and carbon monoxide. Almost all complications during pregnancy are caused by these two toxic chemicals. Nicotine and carbon monoxide work as a team to cut off the baby's oxygen flow. The most serious results are often premature delivery, low birth weight or stillbirth.

## THE NUMBERS GAME

# 4,000

Number of chemicals in cigarettes and smoke.

# 0

Number of these chemicals that are good for a baby.

## Here's how it works:

- Nicotine thins blood vessels in the mother's body, along with those in the umbilical cord which feeds the baby
- The baby gets a smaller amount of blood with oxygen
- The oxygen-carrying red blood cells pick up more carbon dioxide instead of oxygen
- The cord can't hold the oxygen it should and it harms the baby

When a baby doesn't get the oxygen it needs, it can harm his or her growth. Smoke during pregnancy and the risk of premature birth or a birth weight of less than five and a half pounds is twice as likely. The risk of stillbirth is more than doubled.

## THE RESULTS OF SMOKING ON A BABY

<b>Size and weight</b>	Smoking a pack of cigarettes a day during pregnancy can shave a half-pound from a baby's birth weight. Two packs a day could make your baby a full pound lighter. Stunting an unborn baby's growth can have a bad impact that lasts a lifetime.
<b>Body and lungs</b>	Smaller babies often have bodies that aren't well developed. They may spend their early life hooked to a machine because their lungs may not be ready to work on their own. Babies with mothers who smoked while pregnant are more likely to suffer from asthma. They may be two or three times more at risk of dying from Sudden Infant Death Syndrome (SIDS).
<b>Heart</b>	Being born with a heart problem is more likely for babies born to mothers who smoked during the first trimester. A regular problem involves the blood flow from the heart into the lungs and the valves joining the heart's upper chambers.
<b>Brain</b>	Learning disorders, behavior problems and low IQ are lifelong results of the effects on a child whose mother smoked during pregnancy.



## THE RESULTS OF QUITTING SMOKING FOR YOUR BABY

Born healthier

Get more oxygen

Less likely to be born too soon

More likely to come home from the hospital with you

Not as many colds and ear infections

Will cough and cry less

Not as many asthma and wheezing problems

## FOR YOU

Much less risk of cancer

More energy and easier breathing

Save money to spend on better things

Skin and nails won't be stained, and you will have fewer wrinkles

Clothes, car and home will smell better

Food will smell and taste better

Feel better about yourself

## SEVEN SCARY SMOKING FACTS

- 1 Infertility or menstrual periods that aren't regular can result from smoking more than half a pack a day.
- 2 Menopause often happens one to two years earlier in women smokers than nonsmokers.
- 3 A pregnant woman passes any chemicals she takes in to her unborn baby through the placenta.
- 4 Babies born of heavy smoking moms are as much as seven or more ounces lighter than other babies.
- 5 Smoking while pregnant greatly raises the chances of miscarriages and premature labor.
- 6 Mothers who smoke can pass nicotine to their babies through breast milk.
- 7 Babies born to mothers who smoke are more likely to catch colds, bronchitis and asthma. The odds of getting asthma are twice as high for children whose mothers smoke more than 10 cigarettes a day.

# QUICK HITS

Second-hand smoke can also cause problems for your baby. Stay away from others who smoke when you're pregnant.

## QUIT IT!

Studies have shown that pregnant moms who quit smoking in the first trimester raise their chances of having a healthy, full-term baby to that of a woman who doesn't smoke. The sooner you decide to do what's right for your health and that of your baby, the better. Give him or her the best chance for a healthy life. Just quit smoking.

## THINK AGAIN

Think lung cancer is the only type of cancer caused by cigarette smoking? Add these to the list:

- Acute myeloid leukemia
- Bladder cancer
- Cancer of the cervix
- Cancer of the esophagus
- Kidney cancer
- Cancer of the voice box
- Cancer of the mouth
- Pancreatic cancer
- Cancer of the throat
- Stomach cancer

## FIND IT!

**Centers for Disease Control and Prevention:  
Tobacco Use and Pregnancy**

[www.cdc.gov/reproductivehealth/  
tobaccousepregnancy/index.htm](http://www.cdc.gov/reproductivehealth/tobaccousepregnancy/index.htm)

**WebMD: Smoking during Pregnancy**

[www.webmd.com/baby/smoking-during-pregnancy](http://www.webmd.com/baby/smoking-during-pregnancy)

# WHERE TO GO FOR HELP



## STRONGER

We've seen the dangers of drinking, drug use and smoking while pregnant, and the harm it can do to an unborn child. Know that you are stronger than any drink, any pill or any cigarette. You have the power to say no. You have the power to do what's right for your baby. But you can't always do it alone, and that's okay. There is help.

**If you're pregnant or trying to get pregnant and need help to stop drinking:**

- **Talk to your doctor**
- **Call your local Alcoholics Anonymous**
- **Find an alcohol treatment center in your area**

## THE NUMBERS GAME

# 80

Percentage of lung cancer deaths in women in the U.S. each year caused by smoking. In 1987, lung cancer surpassed breast cancer as the leading cause of cancer deaths among women in the U.S.

## 10 STEPS TO HELP PREGNANT WOMEN QUIT ALCOHOL

- 1 Get All Alcohol Out of Your Home
- 2 Stay Away From Stores That Sell Alcohol
- 3 Stay Away From People Who Are Drinking
- 4 Stay Away From Places That Serve Alcohol
- 5 Consider Seeking Treatment
- 6 Reward Yourself for Progress
- 7 Consider Alcoholics Anonymous
- 8 Tell the World
- 9 Stay Busy
- 10 Figure Out Your Issues

## QUITTERS ARE WINNERS

Quitting smoking is never easy. But it's one of the best things you can do for your child, before he or she is born and after.

## GETTING HELP FROM FAMILY AND FRIENDS

Quitting cigarettes can be made simpler with help from those who care about you. Their support can often pull you through the toughest times. Here a few ways they can help:

- Ask other smokers not to smoke near you
- You may feel cranky while quitting smoking so ask those near you to understand and be kind
- Ask others to help you with work and chores to ease the extra stress it may cause
- Get others to remind you how well you're doing not smoking
- Tell your doctor your plans to quit smoking and keep him or her up on the progress

## TIPS FOR QUITTING

Hanging out with smokers when you're trying to quit can be stressful and risky. You'll see cigarettes, you'll smell them and your body will recall the feeling they gave you. Try these tips for dealing with the temptation:

- Ask the smoker to quit with you
- Let others know you're pregnant and ask them not to smoke near you
- Make your home and car no-smoking zones
- When others light up, leave the room
- Keep your hands and mouth busy to distract yourself: chew on a celery stick; play games on your phone; bite on a toothpick; knit or work on a craft project for the baby

## THE NUMBERS GAME

# 5-7

Number of tries it most often takes a smoker to quit.

We realize that sometimes quitting completely is not an option. If you can't quit, try to cut back. Limit yourself to four cigarettes a day instead of 20. Doing this will have a much less negative impact on your pregnancy.

# STOP SMOKING METHODS

METHOD	HOW IT WORKS
<b>Cold turkey</b>	You count on sheer will power and stop smoking completely.
<b>Reducing gradually</b>	You slowly cut the number of cigarettes smoked until you've quit completely. Other reducing tricks include smoking only a half a cigarette or waiting until later in the day to smoke.
<b>Nicotine Replacement Therapy</b>	<p>You wean yourself off nicotine by replacing the high doses of it in cigarettes with low dosages in the form of:</p> <ul style="list-style-type: none"><li>→ Gum</li><li>→ Patches</li><li>→ Lozenges</li><li>→ Nasal spray</li><li>→ Inhaler</li></ul>
<b>Zyban (Bupropion)</b>	This anti-smoking prescription pill has no nicotine and lessens the withdrawal symptoms and the urge to smoke.
<b>Chantix® (Varenicline)</b>	This prescription pill gets in the way of the nicotine receptors in the brain. It lessens the pleasing feel of smoking and eases the symptoms of nicotine withdrawal.
<b>Hypnosis</b>	You're put into a deeply relaxed state where you're open to suggestions that build up your desire to quit smoking.
<b>Acupuncture</b>	This ancient Chinese medical technique is believed to work by triggering endorphins (natural pain relievers) that let the body relax. It can be helpful in handling smoking withdrawal.

Always talk with your doctor before starting any of these stop smoking programs. While many of them are proven effective, they may not be recommended for pregnant women.

## DRUG ADDICTION HELP

Women who stop taking drugs during their first trimester raise the chances of having a healthy baby. If you're taking drugs later in the pregnancy, you must stop and get help right away. Now. It's never too late to help your baby.

Seek professional help if you have an addiction. Detoxing all at once can harm an addicted fetus. A professional drug rehab specializing in treating pregnant women can safely help you and your baby.

Counseling, support groups and treatment centers are there to help. Because of the dramatic effects drugs have on the body and brain of a user, it's tough to quit on one's own. You don't have to do it alone. Call one of these numbers for help:

**National Drug Help Hotline: 1-800-662-4357**

**National Alcohol and Drug Dependence Hopeline: 1-800-622-2255**

## QUICK HITS

**In 2004, Texas made it a crime to smoke marijuana while pregnant. Women caught and convicted can get a prison sentence of two to 20 years.**

# RESOURCES

**Behavioral Health Treatment Services Locator**  
[findtreatment.samhsa.gov](http://findtreatment.samhsa.gov)

**Alcoholics Anonymous (A.A.)**  
[www.aa.org](http://www.aa.org)

**Better Endings New Beginnings: Fetal Alcohol Spectrum Disorders**  
[www.betterendings.org](http://www.betterendings.org)

**The National Partnership to Help Pregnant Smokers Quit**  
[www.helppregnant smokersquit.org](http://www.helppregnant smokersquit.org)

**NCADD: National Council on Alcoholism and Drug Dependence, Inc.**  
[www.ncadd.org](http://www.ncadd.org)

**National Drug Help Hotline**  
1-800-662-4357

**National Alcohol and Drug Dependence Hopeline**  
1-800-622-2255

**March of Dimes®**  
[www.marchofdimes.com](http://www.marchofdimes.com)

**American Pregnancy Association**  
[www.americanpregnancy.org](http://www.americanpregnancy.org)

**American Lung Association**  
[www.lung.org](http://www.lung.org)

# BODY WELL, BABY WELL!

## Risks of Pregnancy, Drugs, Alcohol and Smoking

If you've just found out you're pregnant, there are three things you need to do right away:  
**STOP DRINKING ALCOHOL - STOP SMOKING - STOP DOING DRUGS**

Your baby deserves every chance for a healthy start at life. Only you have the power to give him or her that start. Drinking, smoking and abusing drugs can harm your unborn child in many ways, and the results can last a lifetime.

This book takes a look at the effects of these dangers on your body and that of your unborn child. You can make a difference. Treat your *body well* and keep your *baby well*.

### ENDORSEMENT from the National Organization on Fetal Alcohol Syndrome:

Another terrific publication from Centene that presents vital information on an important health topic. This excellent resource doesn't just urge women to avoid alcohol when pregnant. In clear, full detail it describes how alcohol can harm a developing baby and why there is no safe amount or type of alcohol during pregnancy, and it cuts through the myth that light drinking is completely risk-free. A quick, must read for all expectant mothers and women thinking about getting pregnant.

-Tom Donaldson, President



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