

benefits of being tobacco free

benefits for you



Improves lung & heart health



Reduces the risk of cancer



Protects bone health



Reduces the risk of painful and irregular periods

benefits for your child



Promotes healthier brain development



Lowers risk of being born too small or too early



Lowers risk of miscarriage, stillbirth, and Sudden Infant Death Syndrome



Fewer coughs, colds, and ear infections



Less risk of asthma

Quitting tobacco is one of the most important things you can do to protect your health and your child's health.

Ask your health care provider for help or call 1-800-QUIT-NOW

This material was developed by, and used with permission from the University of North Carolina Collaborative for Maternal and Infant Health.