

# For help quitting: **TRIBAL MEMBERS**



Klamath Tribal Health offers cessation products from the pharmacy. The pharmacists offer medication and cessation education.



You will also be given a Quit Kit filled with information, a guide to quit smoking, and other goodies to help you quit.



Tribal members are referred to the Oregon Quit Line or Freedom From Smoking program for in-depth and personalized cessation counseling.



Contact Tribal Health: 541-882-1487



Youth and Family Guidance Center Smoking Cessation Class: 541-884-1841



Native Quit Line: 1-800-QUIT-NOW, press "7"



## References and other resources:

- March of Dimes  
[www.marchofdimes.com/baby/low-birthweight.aspx](http://www.marchofdimes.com/baby/low-birthweight.aspx)
- American Journal of Public Health  
[ajph.aphapublications.org](http://ajph.aphapublications.org)
- Robert Wood Johnson Foundation  
[www.countyhealthrankings.org](http://www.countyhealthrankings.org)
- Stanford University and Stanford Children's Health  
[www.stanfordchildrens.org](http://www.stanfordchildrens.org)
- Centers for Disease Control and Prevention (CDC)  
[www.cdc.gov](http://www.cdc.gov)
- Mother to Baby  
[www.mothers-to-baby.org](http://www.mothers-to-baby.org)

# T.O.T.S

*Trends on Thriving*



## PREGNANCY HOPE CENTER

May 2020

# Quitting SMOKING AND VAPING for a Healthy Beginning





“Precious one, every small step you take, we take with you.”

Alveretta Roberts



## Questions and Answers

**Q: What effects does smoking tobacco while pregnant have on the infant?**

**A:** Smoking may cause low birthweight in babies, along with other complications such as placental abruption (when the placenta pulls away from the uterine wall), premature delivery, or Sudden Infant Death Syndrome (SIDS).

**Q: What are the risks for low birth weight babies?**

**A:** These babies are at high risk for a number of complications including infection, Sudden Infant Death Syndrome, neurological complications and other life-threatening conditions.

**Q: What is considered low birth weight?**

**A:** Low birth weight is defined as a baby weighing less than 2500 g (5lb. 8oz.) at birth.

**Q: I’ve heard that if I stop smoking while I’m pregnant, I’ll “shock” my baby. Is this true?**

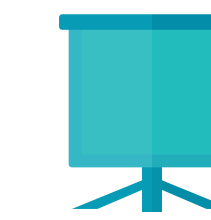
**A:** No. Stopping at any time during pregnancy can have a positive effect on the growth and development of your baby. Stopping will also help your newborn by not exposing them to second hand smoke.

**Q: What effects does vaping while pregnant have on the infant?**

**A:** E-cigarettes (vaping products) contain nicotine and are not safe to use during pregnancy. They can damage a developing baby’s brain and lungs. Some of the flavorings used in e-cigarettes may also be harmful to the baby.

# FOR HELP Quitting

## FREEDOM FROM SMOKING



An American Lung Association curriculum offered by Cascade Health Alliance and Sky Lakes Medical Center. It meets once a week for 1-2 hours for 7 weeks.



**Contact Cascade Health Alliance: 541-883-2947**



**Visit “Smoking Cessation”:**  
[www.skylakes.org/education-and-resources/smoking-cessation/](http://www.skylakes.org/education-and-resources/smoking-cessation/)

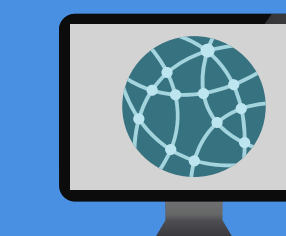
## OREGON QUIT LINE



Cessation counseling, nicotine replacement therapy (NRT) and materials are available.



Participants can speak with a quit coach over the phone or online, develop personalized quit plans and learn coping skills.



Online services are free to everyone, private insurance is accepted, and uninsured callers receive one counseling session and two weeks of NRT.



Services are available in over 170 languages.



**Contact: 1-800-QUIT-NOW (784-8669) or 855-DEJELLO-YA (335356-92), or [www.quitnow.net/Oregon/](http://www.quitnow.net/Oregon/)**