

DON'T SMOKE

90 percent of lung cancer is caused by tobacco use.

Smokers are at an increased risk for:

- Cancer of the mouth, tongue and throat.
- Other diseases affecting lungs and/or breathing, such as emphysema.
- Menstrual problems.
- Infertility.
- Stroke and heart disease.
- Miscarriage/stillbirth.
- Babies born at low birth weights.
- Infant death.
- Sudden infant death syndrome.

Stop smoking for you and for your family.

For help to stop smoking, call your doctor, health department or the Wisconsin Quit Line at (800) QUIT-NOW.



ADDITIONAL RESOURCES

Alcoholics Anonymous
(414) 771-9119
www.aa.org

Healthy Choices Information Line
(800) 752-3157

Narcotics Anonymous
(866) 913-3837
www.wisconsinna.org

National Drug and Alcohol Treatment
Referral Routing Service
(800) 662-4357
www.findtreatment.samhsa.gov

Wisconsin Lung Association
(800) LUNGUSA
www.lungusa.org

Wisconsin Maternal and Child Health Hotline
(800) 722-2295

Wisconsin Quit Line
(800) QUIT NOW

Special thanks to Pinellas County Public Health Department.



MS C630A, PO Box 1997, Milwaukee, WI 53201-1997
(414) 266-2743 . Fax (414) 266-3338 . www.idcw.org

The Infant Death Center of Wisconsin is funded by Children's Hospital of Wisconsin and a MCH Title V Services Block Grant, through the Maternal Child Health Bureau of the Health Resources and Services Administration, Department of Health and Human Services.

© 2008 Infant Death Center of Wisconsin. All rights reserved.

Take
CONTROL
of habits that can
shorten your life



DON'T ABUSE ALCOHOL

In the United States, 12.2 million women abuse alcohol.

Women who drink excessively are at higher risk for:

- Liver disease.
- Memory loss.
- Heart damage.
- Breast cancer.

Women who binge drink are more likely to have multiple sex partners and unprotected sex, increasing the risk of unintended pregnancy and sexually transmitted diseases. Binge drinking is a risk factor for sexual assault.

There is *no* safe amount, time or kind of alcohol to drink during pregnancy.

When women drink during pregnancy, their children can have life-long problems called fetal alcohol spectrum disorders.



DON'T ABUSE DRUGS

Depending on how prescription drugs are used, they either can save your life or end it.

According to the National Institute on Drug Abuse, women who abuse drugs are at risk for:

- Poor nutrition.
- High blood pressure.
- A rapid heartbeat.
- Low weight gain.
- Low self-esteem.
- Contracting a sexually transmitted disease, including HIV.
- Depression.



Moms who abuse drugs during pregnancy are at risk for:

- Low birth weight babies.
- Preterm births.
- Babies with birth defects.
- Infections.
- Sudden infant death syndrome.

70 percent of AIDS cases among women are drug related.

Talk to your doctor or your local health department to get the help you need.

