

FOREVER
FREE...for Baby and Me

A Guide To Remaining Smoke Free



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Booklet 10: Life Without Cigarettes

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This is Booklet 10, the last booklet in the Forever Free for Baby and Me series. This booklet discusses life without cigarettes and how to keep it that way!! It also reviews some of the key points from other booklets.

Quitting smoking is the most important thing you can do for your health and for the health of your family. You should be very proud of yourself, whether you have now quit for 1 month or 1 year!

There are a number of things that you should keep in mind as you follow your goal to live a smoke-free life. Although your odds for staying smoke-free add up as each day passes, relapse can still happen if you are not careful. You will need to be prepared.

We hope that this information will help you to prevent relapse and keep living a healthy smoke-free life. But first of all, we want to congratulate you!! By now we hope you see how good life without cigarettes can be for you and for those around you.

Urges

If you have not smoked for a while, you are in what is called the "maintenance stage" of quitting. By this time you may find that you rarely think about smoking. The thought of ever smoking again may even make you sick. On the other hand, you may still have some cravings or thoughts of smoking.



Support from others is very important to keep the changes you have made. This might be a good time to review *Booklet 2: Partner Support*. You may also want to have your partner or the person that provides you with support re-read the booklet too. Now that you have had your baby and are caring for your new baby, you might find that some of your needs have changed. Take this time to think about what you may need at this point in time to keep your goal of staying smoke-free.

If you do have an urge to smoke, there are some things to keep in mind. As we discussed in *Booklet 3: Smoking Urges*, research has shown that people who use coping skills are more likely to stay smoke-free.

REVIEW

There are two types of coping skills you can use when you have an urge to smoke: **behavioral** and **mental**.

Behavioral coping skills are things that you can **do** to reduce the urge to smoke. These include leaving the situation, taking a deep breath, or reading a book.

Mental coping skills are things that you can **tell** yourself to reduce the urge to smoke. These include, "I feel better," or "Smoking is not an option."

Thinking ahead about situations that may cause urges is an important part of preparing for them. If you have not smoked in a while, you have probably broken the links between smoking and most of your daily activities. They should no longer trigger urges to smoke. But, many new mothers may find themselves in situations that they have not been in since becoming pregnant. When you first return to these situations after delivery, you may feel urges to smoke. Remember that these urges will decrease the more that you are exposed to them.

But, you might want to be careful during events that used to involve smoking, even if they have occurred less often since quitting. If you have urges or thoughts of smoking, tell yourself that the **event** is causing the urge. Each time you have that event without smoking, you greatly reduce the chance of having an urge in the future.

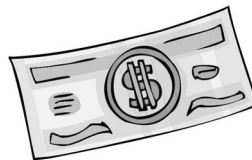
Some events linked with smoking might be:

- ◆ Vacations
- ◆ Weddings
- ◆ Holidays or family parties
- ◆ Going out with smoking friends
- ◆ Having a difficult day at work



Stressful events are also risk factors for relapse after a period of quitting. Very stressful positive and negative events might include:

- ◆ Death of a loved one
- ◆ Getting married
- ◆ Losing your job
- ◆ Being apart from a loved one
- ◆ Money problems
- ◆ Birth of a child



Even though smoking may seem minor compared to the stress or sadness you are feeling at the time, you will be glad later on if you do not smoke. Do not turn one crisis into two crises!



Marina and her husband Mark had quit smoking seven months ago when they found out they were expecting their second child. Their 6 year old daughter, Sara, had asthma, which they knew was made worse by their smoking. When they found out about the new baby, they agreed it was the perfect time to quit. The road to becoming smoke-free had been tough, but as the couple prepared for the baby's arrival, they felt glad that they had taken this important step to improve their family's health. Things were going well – then, something upsetting happened. Marina developed complications with her pregnancy and had to be placed on bed rest. Even though she had been quit for months, Marina found that this new stress caused strong urges to start smoking again. She told

Mark that she was having a hard time staying smoke free. He convinced her that things would get better, and that when they did, she wouldn't want to go through quitting smoking all over again. She knew he was right, and committed herself to fighting the urges and staying quit. A year and a half later, Sara's asthma had improved and she was enjoying being a big sister to her healthy, new brother Ethan.

**We know you do not plan to fail...
So please do not fail to plan!**

Benefits of Quitting

It is common for women who have quit smoking for a while to forget how much worse they felt while smoking. It is also common to forget how much better they feel now.

Ex-smokers often forget their reasons for quitting. If you quit due to your pregnancy, this might not be the case for you. Still, some time may have passed since you felt short of breath while climbing the stairs, or since you had a morning cough. You may not remember how it felt to stand outside at work to have a smoke. You may even have started to take for granted the extra cash in your pocket each week, how much healthier you look and feel, and how much better you smell.

As time goes by, you may begin to have thoughts of smoking and to think how nice it would be to have just one cigarette. You might even try to tell yourself that you could have just one since it has been so long since you've quit. **Do not** be overconfident. This is "playing with fire" and can be very risky.

If you start having thoughts of smoking, it may be because you have forgotten your reasons for quitting. Now may be a good time to think about the negatives of smoking. Now is also the time to think about the benefits of quitting. Remind yourself about the reasons why you quit.



Think of all of the benefits you have had from not smoking. We will even start you off with a few:



1. You have done a great thing for yourself and your family by quitting. You have joined many others in living a healthier life! Smoking in the United States is at an all time low, and now that you have quit, your child is less likely to become a smoker someday as well. You can be proud of being a good role model for your child.
2. You have reduced your chances of getting a smoking-related illness. One year after quitting, your extra risk of heart disease has been cut in half, and the cilia (tiny hairs in your lungs that are damaged by tar build-up from smoking) have grown back to be normal and healthy. Five years after quitting, your risk of dying from lung cancer has been cut in half. You are adding years to your life—and healthier years at that. That means that you will have more years to spend with your child and your family. You will be able to watch your children grow up!
3. You have saved money. Take a look at the following chart and circle how much you would have spent on cigarettes at \$5.00 a pack (or how much you can keep saving by not smoking). Think of all the things you could use this extra money for – either for yourself (clothes, manicure, CDs, or tapes) or for your baby (clothes or toys).

		Amount of Time Quit				
		1 month	6 months	1 year	2 years	5 years
Amount Formerly Smoked	1 Pack Per day	\$150	\$900	\$1,825	\$3,650	\$9,125
	2 Packs Per day	\$300	\$1,800	\$3,650	\$7,300	\$18,250

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This is only part of the money saved. The greatest costs of smoking are to your health and the large costs of health care. Smokers become ill more often than nonsmokers. Smokers need more health care than nonsmokers. Smokers miss 40% more work time than nonsmokers. Also, life, and health insurance is higher if you smoke. This adds up!! Why don't you reward yourself for a job well done? Use some of the money you have saved!

4. Last, by deciding to live a smoke-free life, you have improved the health of your family. Exposure to second hand smoke is very harmful to those who live or work with a smoker. This includes your children, partner, other family members, coworkers, and even your pets. Anyone who breathes in smoke, not just the smoker, takes in the toxic chemicals in cigarette smoke. So, they too are at an increased risk for many smoking diseases.



Second-hand smoke exposure is very dangerous for children. There is a long list of health problems that babies and children get when exposed to second-hand smoke. These include breathing problems, bronchitis/respiratory infections, asthma, and ear infections. Sudden Infant Death Syndrome (SIDS or crib death) is a major worry for most new mothers. You can greatly reduce the chance of SIDS by giving your baby a smoke-free environment! Also, research suggests that children of nonsmokers get sick less, have fewer absences from school, and fewer doctor visits than children of smokers.

Take a minute to write down some of the other **benefits** of quitting!

✓ _____

✓ _____

✓ _____

And now remind yourself of your **reasons** for quitting:

- ◆ _____
- ◆ _____
- ◆ _____

As you can see, you had some good reasons for quitting!

Ivette quit smoking 3 years ago. Her reasons for quitting were the high cost of smoking and health concerns. She had two miscarriages while smoking. It made her sad to know that smoking may have been part of the reason her first two pregnancies ended. She had always wanted children, and she feared that if she did not give up smoking, she might never reach her dream of becoming a mother. With more information being reported about the harmful effects of smoking for babies, Ivette is even more sure about being a non-smoker. Smoking was more than just a bad habit. She never thought of herself as an addict, but now she realizes that she was. Ivette has even developed a few "positive or good addictions." She has a new interest in dancing, and more energy from not smoking. Ivette and her husband recently welcomed their first child, and each time she looks at her beautiful baby girl, she knows she is committed to staying smoke free for herself and her family.



But What About My Weight?



Weight gain after quitting smoking is a concern for many people. But, remember, you gained weight as a normal and healthy part of your pregnancy. Many women return to smoking after delivery because they believe the extra weight is due to quitting smoking. Extra weight after delivery is normal for all women, and it usually takes 8 to 12 months to return to the weight you were before you became pregnant. Many women also believe that smoking will help them lose the extra weight and believe that they will quit again after the weight loss. But remaining smoke-free is most important!

Remember...smoking is a VERY DANGEROUS way to lose weight!

If you want to avoid gaining excess weight during your pregnancy or would like to lose extra weight after delivery, the best way to do so is to change your diet and increase your exercise. Speak to your doctor about changes to your lifestyle that will be healthy for you and your baby during the different stages of your pregnancy and after delivery. Most women have lost the weight they gained during pregnancy without going back to smoking! Sometimes the extra weight comes off on its own as your body adjusts. Other people find that making even small changes to eating and exercise goes a long way towards weight loss.

You already know about coping skills that reduce urges to smoke. Try to use behavioral and mental coping skills to reduce extra eating as well.

Refer back to *Booklet 9: Smoking & Weight*, for information about healthy eating and exercise. And do not forget to talk to your doctor before making any changes in your diet or exercise.

It may be that quitting smoking is not the direct cause of your weight gain. Pregnancy and breastfeeding are both reasons to increase the number of calories you eat. There may be other things going on that are causing you to eat more. Sometimes the reasons that people smoke are also the reasons that they over-eat. For example, depression and stress are both related to smoking and overeating.

If you find that you eat more when you are feeling down or feeling stressed, you may want to find ways to reduce the stress in your life, rather than smoking. One way you might do this is by increasing activities that give you pleasure. Now may be a good time to go back to the Pleasant Events in *Booklet 8: Lifestyle Balance*. Choose things that you like to do. Make it a point to fit them into your schedule.

You may also want to do relaxation exercises or deep breathing. Or you may choose to use all of the money you have saved from not smoking to take a trip. For other tips on how to deal with stress in your life go back to *Booklet 7: Smoking, Stress, & Mood*. As always, if your feelings of depression or stress persist, please talk about these feelings with your doctor.

If you were to start smoking again, you might lose some weight. But it would come at a great cost to your health and your looks. Also, it will not reduce the stress in your life. Chances are that it will only add more stress to your life.

Exercise may seem like a chore at first, but if you start slowly, over time it may become the most fun part of your day. It can help you stay in shape while pregnant and after you deliver. It can be far better than smoking ever was!

Margaret is a 30 year old who quit smoking two years ago when she learned she was pregnant. Fifteen months after her delivery, she still weighed more than before she became pregnant. When she was stressed with caring for her new child, she would munch on junk food rather than smoke. Her lack of weight loss after delivery was very discouraging, and Margaret thought about going back to smoking—not because she liked smoking anymore or was having urges, but because she thought it would make her lose the weight she had gained. A friend of Margaret's who also had been a smoker at one time asked Margaret to start walking with her. Margaret didn't want to at first. Margaret just didn't think she was the exercising type, nor did she think she would have the time with her new baby. But after just a few weeks of walking with her friend Marie, she loved it! She was surprised by how much better she felt. She also liked that it got her and her baby out of the house and both got to breathe the fresh air. Margaret also found that since she started exercising, she did not seem to be bothered by the things that used to bother her. She did not feel the need to snack on junk food to cope with stress. She also learned to have fresh fruits and cut vegetables to eat if she really felt like snacking. After 3 months of walking, she had lost 10 of the 20 pounds she wanted to lose! And by continuing to walk, Margaret will keep losing the weight as well as keep healthy for her and her baby.

If You Do Smoke

"I have not smoked for 1 year and I do not intend to go back... But, can't I have a cigarette once in a while?"



The answer to this question is **NO**.

A mistake that ex-smokers sometimes make is thinking that they have not smoked in so long that they are no longer "addicted"—that they can have a cigarette. This is like "playing with fire," and it can set you up for relapse.

Research has shown that it is hard—if not impossible—for people who at one time were smokers to smoke once in a while. Do not fall into the trap of thinking that you can smoke just one or two cigarettes. Odds are that you cannot. One cigarette may *seem* harmless at first, since you have been doing so well. But that one cigarette can quickly lead back to smoking one to two packs per day. You will lose all that you worked so hard for. Why risk it?

But remember...if you *do* slip and have one cigarette, there are things that you can do. Look at the situation and what led up to smoking. Learn from it. Feeling guilty and beating yourself up will only lead to the "I Blew It Reaction," (that was discussed in *Booklet 6: What If You Have a Cigarette?*) which could set you up for more smoking.



If you are smoking again, here are some tips that may help:

- ◆ Go back and read *Forever Free for Baby and Me* booklets 1 and 3 about the stages of quitting and how to cope with urges to smoke.
- ◆ Choose a new quit date in the near future. Stick to it. If you are not yet smoking as many cigarettes as before, the sooner you quit again, the easier it will be.
- ◆ If you are smoking more than a pack per day, talk to your doctor. If you are no longer pregnant or breastfeeding, think about using the nicotine patches, gum, or another product such as Zyban™ or Chantix™.
- ◆ Make quitting smoking a top goal.
- ◆ Remember, if you have quit before, you can quit again. Do not feel bad about it. You now know more than you did last time. Use what you have learned to quit again. Stay quit.

In Closing

We wish you success in your healthy life. We hope you and your family have felt the great benefits of life without cigarettes. And congratulations once again!



**Enjoy Better Health for You and Your Baby
Stay Smoke-Free!**

**Have you read all 10
Forever Free for Baby and Me booklets ?**

BOOKLET 1: AN OVERVIEW

BOOKLET 2: PARTNER SUPPORT

BOOKLET 3: SMOKING URGES

BOOKLET 4: SMOKING & HEALTH

BOOKLET 5: A TIME OF CHANGE

BOOKLET 6: WHAT IF YOU HAVE A CIGARETTE?

BOOKLET 7: SMOKING, STRESS & MOOD

BOOKLET 8: LIFESTYLE BALANCE

BOOKLET 9: SMOKING & WEIGHT

BOOKLET 10: LIFE WITHOUT CIGARETTES

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