

# Health Unit Media Release

For Immediate Release: May 26, 2011



## **A Quit Smoking Plan for Couples - Be Healthy Before Pregnancy**

Being healthy before pregnancy will improve your present health, your chances of getting pregnant, and your future baby's health. Practice a lifestyle of healthy eating, daily exercise, stress management, relaxation, no or low alcohol intake, and no smoking.

*Why not quit smoking as a couple? ... and clear the air for the baby in your future.*

### **Because smoking may:**

- Cause impotence, erectile dysfunction, and low sperm count.
- Reduce your chances of becoming pregnant.
- Increase the possibility of miscarriage and low birth weight.
- Lead to labour and delivery complications for mother and baby.
- Increase the odds of your baby having colic, infections, asthma and allergies.

**Quitting smoking may take several attempts before success is achieved.**

### **To stop smoking now, follow these steps to successful quitting:**

1. Make your home smoke-free. Restrict your smoking to outside.
2. Quitting has several steps. Thinking about quitting is the first step. Keep going.
3. Decide to quit, and select a quit date.
4. Your friends, family, and health care professional can help you quit.
5. If you or your partner slips, re-focus on quitting, and then try again.

**For information on Health Before Pregnancy Planning, go to:**

[http://www.beststart.org/resources/preconception/pdf/BSpre\\_bro\\_rev3.pdf](http://www.beststart.org/resources/preconception/pdf/BSpre_bro_rev3.pdf)

<http://www.healthbeforepregnancy.ca/smoking.htm>

[www.healthunit.org/pregnancy/preconception](http://www.healthunit.org/pregnancy/preconception)

**or contact our Health ACTION Line at 1-800-660-5853 or 613-345-5685**

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