



did you know...

pregnant women who are around cigarette smoke are more likely to have babies who are born prematurely or with low birth weight than women who aren't?



Babies who are exposed to cigarette smoke are more likely to die of sudden infant death syndrome than babies who aren't.



*If you smoke, **quit** for the health of your kids or your grandkids.*

Want help quitting smoking?

Talk to your VA provider today.

We can help.

