INFORMATION ABOUT PREGNANCY AND SMOKING

When you smoke while pregnant, your unborn baby smokes, too. When a pregnant woman smokes a cigarette, she exposes herself, as well as the unborn baby, to all of the poisonous chemicals inside the cigarette. The poisons from cigarettes can keep the fetus from receiving all of the needed food and oxygen for proper growth. Smoking cigarettes while pregnant is a preventable cause of illness and death among mothers and infants.

Women who smoke during pregnancy have an increased risk of:

- Newborn death or stillborn delivery.
- Preterm delivery.
- Growth delay of the fetus.
- Preterm labor.
- Miscarriages.
- Low birth weight baby.

Babies born to mothers who smoke during pregnancy have an increased risk of:

- Sudden infant death syndrome.
- Childhood illnesses such as colds, ear infections and other lung and respiratory illnesses.

Secondhand Smoke:

When a pregnant woman is exposed to secondhand smoke, her unborn baby is exposed to all of the poisonous chemicals released by the cigarettes. Exposure to secondhand smoke can cause a variety of health problems for the baby including low birth weight, SIDS and increased childhood illnesses.

Quit:

Smoking can affect fertility, so the best time to quit smoking is prior to conception. If you smoke and you find out you are pregnant, quit immediately. It is never too late to quit smoking. The earlier in the pregnancy you do quit, the better the health outcome of the baby. To protect you, your unborn baby and infant, quit smoking, avoid secondhand smoke and do not start smoking again after the baby is born.

How to quit:

- Get help and support. Talk to a doctor, nurse, friends and family members and ask for help and support.
- Throw away all smoking materials including ashtrays, lighters and cigarettes.
- Do not permit anyone to smoke around you.
- Keep busy.
    1. Keep your hands busy. Find things to do with your hands during smoking times such as squeezing a stress ball, knitting or doodling.
    2. Keep your mouth busy. Use healthy snacks, water, toothpicks or sugar-free gum during routine smoking times.
- Call the Ohio Tobacco Quit Line at 1-800-QUIT-NOW (1-800-784-8669).

Quitting smoking can be the most important thing you do for your health and the health of your unborn baby.

OHIO TOBACCO QUIT LINE CALL IT QUITS.
1-800-QUIT-NOW

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