

A PERFECT TIME FOR CHANGE.

If you smoke, you've probably heard that it is bad for your health. You probably know that smoking causes heart disease, lung cancer, breast cancer, other cancers, and emphysema. Smoking also ages your skin, discolors your teeth, and gives you bad breath. Did you know that women who smoke are more than twice as likely to have problems getting pregnant? Smokers may have more miscarriages than nonsmokers. Smokers are also more than twice as likely as nonsmokers to have pregnancies that attach outside the uterus (ectopic or tubal pregnancies). Tubal pregnancies can kill women.

Cigarette Smoke May Be as Harmful to an Unborn Baby as Cocaine.

PREGNANCY IS A PERFECT TIME TO QUIT SMOKING!

if you avoid tobacco, you may:

- Make sure your baby is born on time, not early.
- Increase your baby's birth weight.
- Help baby's lungs grow strong.
- Improve baby's overall health.
- Save your cigarette money for cute baby clothes.
- Look and smell better without cigarettes.
- Feel stronger and have more energy.
- Live longer, healthier, and happier with your baby.



RESOURCES

Substance Abuse and Mental Health Services Administration (SAMHSA):

www.samhsa.gov

National Institute on Drug Abuse:

www.drugabuse.gov

Centers for Disease Control and Prevention:

www.cdc.gov/pwud/substance-treatment.html

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Quitting Tips

Pregnancy can be a tough time, but smokers actually have harder pregnancies than nonsmokers do. The sooner you quit smoking, the more time your body has to heal and the better off your baby will be.

- Set a date for quitting — make it soon!
- Get rid of ALL cigarettes and ashtrays in your home, car, and at work.
- Avoid activities and places that make you want to smoke.
- Quit with a buddy, join a group, or find a counselor.
- Find healthy things to do instead of lighting up. Drink a glass of water or chew sugar-free gum.
- Talk to your doctor to get help quitting safely.
- Don't give up trying. Most smokers try to quit several times before they make it.

But My Mother Smoked

Even if your mother smoked while she was pregnant with you and you turned out fine, thousands of other babies aren't as lucky. In **1965**, about **1 in 3** women in this country smoked cigarettes. By **2012**, only about **1 in 6** women smoked cigarettes. In that same period of time, deaths of babies under age 1 went down from about **23 deaths in every 1,000** babies to about **6 in every 1,000** babies! That's great news!

Smoking during pregnancy is not the only thing that causes babies to die before age 1, but it is one of the easiest causes of infant deaths for us to control.



Smoking during pregnancy also makes it more likely that a baby will die in the first year of life. Here's why:

- Babies of smokers may be born too early and/or too small.
- These babies often have underdeveloped lungs and life-threatening breathing problems.
- Up to 2 out of 3 cases of Sudden Infant Death Syndrome (SIDS or "crib death") may be caused by mothers who smoke during and after pregnancy.

Ongoing Damage

If a mother smoked while pregnant, will their baby be OK after age one? Maybe, maybe not.

It has been shown that babies of smokers are over 3 times more likely to have asthma and are 2 times more likely to be hospitalized. They are 5 times more likely to have serious infections like meningitis (a brain infection) and are 50% more likely to have facial deformities like cleft lip or palate.

As a child grows they are more likely to develop cavities in their teeth, have more ear infections, lung infections and colds when compared to children whose mothers did not smoke. They are also more likely to develop behavioral issues including ADHD and even more serious problems like violent outbursts, fire-setting, stealing and drug addiction. Smoking during pregnancy has even been shown to lower the IQ of affected children by as much as 10 points.

Quit now to decrease your child's risk of having these problems.

Is Any Type of Nicotine Safe?

The Center for Disease Control advises that no form of smoking is safe during pregnancy. Just like regular cigarettes, e-cigarettes are harmful during pregnancy. The vapor in e-cigarettes damages cells that will develop into a child's facial features. This damage leads to cleft lip and palate or uneven facial growth. Other side effects include still birth, miscarriage, low birth weight, asthma and ADHD.

Smokeless tobacco (dip or snuff) and nicotine replacement therapies (patches, lozenges, and gum) have been linked to a rise in sleep apnea and Sudden Infant Death Syndrome in infants. It is the nicotine in these products that is harmful.

There is no "safe" cigarette or tobacco product during pregnancy.



Quitting is Good for Your Baby

If you quit now, it will:

- Increase the amount of oxygen your baby gets. This helps your baby develop and grow correctly.
- Increase your baby's lung function
- Lower miscarriage, stillbirth and premature birth risks and a baby born with low birth weight

