

Pregnancy & Smoking

Smoking during pregnancy can cause premature birth (being born too early), certain birth defects, and infant death.

HARM TO BABY



Preterm Birth

Smoking while pregnant can cause a baby to be born too early or to have low birth weight—leading to longer hospital stays or death.



Birth Defects

Smoking can damage your baby's developing lungs and brain. Damage can last into teen years.



Sudden Infant Death

Smoking during/after pregnancy is a risk factor of SIDS - death of infants under 1 year during sleep or in baby's sleep area.



Developmental Delays

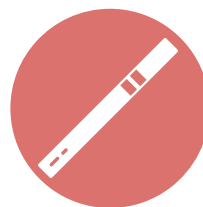
As the child gets older, he or she may be behind in language, thinking, or movement skills and not do as well in school.

HARM TO WOMAN



Fertility Issues

Smoking makes it harder for a woman to get pregnant than women who do not smoke.



Miscarriage

Women who smoke during pregnancy are more likely than nonsmoking women to have a miscarriage.



Abnormal Bleeding

Smoking doubles your risk of abnormal bleeding during pregnancy and delivery. It can put you and baby in danger.



Water Breaks Too Early

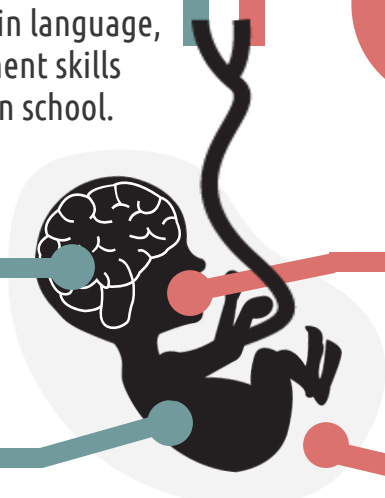
When your water breaks before the 37th week of pregnancy, the more serious it is for you and baby.

Preterm delivery is a leading cause of death, disability, and disease among newborns.

Premature babies can have breathing problems, cerebral palsy, problems with hearing or eyesight.

Smoking can cause birth defects including cleft lip, cleft palate, or both. A cleft is an opening in your baby's lip or roof of mouth.

Smoking can cause placenta to separate from womb too early, causing danger to mom and baby.



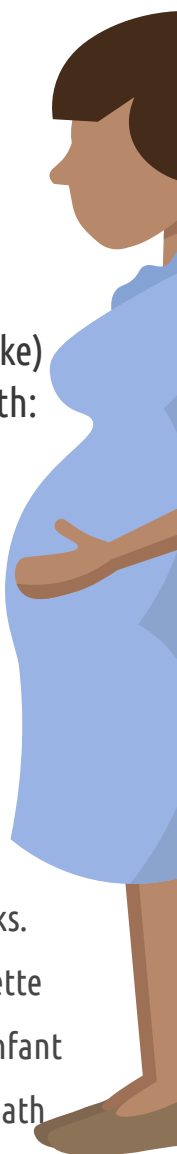
In the United States, 58 million children and adults who do not smoke are exposed to other people's smoke. Homes and vehicles are the places where children are most exposed to cigarette smoke. People can also be exposed to cigarette smoke in public places, restaurants, and at work.

WHEN YOU STOP SMOKING & SECONDHAND SMOKE

- ✔ Your baby will get more oxygen, even after just one day of not smoking.
- ✔ Less risk that your baby will be born too early.
- ✔ You will be less likely to develop heart disease, stroke, lung cancer, chronic lung disease, and other smoke-related diseases.
- ✔ You will have more energy & breathe more easily.
- ✔ Your clothes, hair, and home will smell better.
- ✔ Your food will taste better.
- ✔ You will have more money to spend on other things.
- ✔ You will feel good about what you have done for yourself and your baby.

Other people's smoke (secondhand smoke) harms your health and your child's health:

- ✘ There is no safe level of breathing other people's smoke.
- ✘ Pregnant women who breathe people's smoke are more likely to have a baby who weighs less.
- ✘ Babies who breathe in other's people's cigarette smoke are more likely to have ear infections and more frequent asthma attacks.
- ✘ Babies who breathe in other people's cigarette smoke are more likely to die from Sudden Infant Death Syndrome (SIDS). SIDS is an infant death for which a cause of the death cannot be found.



SMOKEFREE.GOV

On this site you will find support, tips, tools, and expert advice to help you or someone you love quit smoking.



Smokefree
Texting
Programs



Nicotine
Replacement
Therapy



Smokefree
Social
Media



Smokefree
Apps



Build Your
Quit Plan

1-800-QUIT-NOW

All states have quitlines with counselors who are trained specifically to help smokers quit. Call this number to connect directly to your state's quitline. Hours of operation and services vary from state to state.

REFERENCES

- <https://www.cdc.gov/reproductivehealth/maternalinfanthealth/tobaccousepregnancy/index.htm>
- https://www.cdc.gov/tobacco/basic_information/health_effects/pregnancy
- <https://www.cdc.gov/tobacco/campaign/tips/diseases/pregnancy.html>
- <https://smokefree.gov/>

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Funded by Centers for Disease Control and Prevention (CDC) A Comprehensive Approach to Good Health and Wellness in Indian Country (GHWIC) Grant #1U58DP005446-01

