



# There will never be a **BETTER REASON TO QUIT.**

## **Smoking Facts**

Smoking cigarettes during pregnancy is probably the No. 1 cause of poor outcomes for babies. When a pregnant woman smokes, nothing can protect her baby from danger. Every cigarette you smoke increases the risks to your pregnancy. Even a "light" habit can have a negative effect on your baby's health.

## **How will smoking affect my baby?**

A shortage of oxygen can have devastating effects on your baby's growth and development. On average, smoking during pregnancy doubles the chances that a baby will be born too early or weigh less than 5.5 pounds at birth. Smoking also more than doubles the risk of stillbirth.

Cigarette smoke contains more than 4,000 chemicals, including truly nasty things like cyanide, lead, and at least 60 cancer-causing compounds. Nicotine and carbon monoxide are especially harmful to your baby and account for almost every smoking-related complication in pregnancy.

## **Complications While Pregnant:**

- Stillbirth
- Premature delivery
- Miscarriage
- Under-developed lungs
- Low birth weight
- Infection

## **Complications After Pregnancy:**

- Doubles the risk of SIDS (sudden infant death syndrome)
- Recurring respiratory illnesses/infections
- Ear infections
- Asthma
- Allergies
- Withdrawal

## **What can I do?**

Give your baby a huge gift by giving up your habit — the sooner the better. Talk to your doctor about different ways to quit. Ask your partner and other people around you for support. After all, there's somebody counting on you — your baby.