

# QUITTING SMOKING

is the most important step you can take to protect your and your baby's long-term health.

**It's never too late to quit smoking.**

## SMOKING BEFORE PREGNANCY

- Makes it harder for you to get pregnant.
- Increases risk of ectopic pregnancy (a dangerous condition when the embryo implants outside the uterus).

## SMOKING DURING PREGNANCY

Increases your risk of:

- Miscarriage.
- Preterm birth, which is the leading cause of death, disability, and disease among newborns.
- Spontaneous abortion and fetal death by 150%.
- Low birth weight, which can lead to many serious health problems for your baby.
- Fetal and lung development impairments.

## SECONDHAND SMOKE AFTER BIRTH (via secondhand smoke)

Increases your baby's risk of:

- Sudden Infant Death Syndrome (SIDS).
- Acute respiratory infections and developing allergies.
- Ear infections.
- More frequent and severe asthma attacks.
- Developing adult onset of Chronic Obstructive Pulmonary Disease (COPD).
- Developing neurodevelopmental and behavioral problems.

## HOW QUITTING CAN HELP YOU AND YOUR BABY

- Your baby gets more oxygen, even after just one day!
- Your baby will grow better.
- Your baby is less likely to be born early.
- You and your baby will experience less stress during delivery.
- You'll be healthier, have more energy and breathe easier.
- You'll decrease your chance of abnormal bleeding during pregnancy and birth, decreasing your risk of miscarriage, preterm birth, and possible maternal death by half.
- You'll be less likely to develop heart disease, stroke, lung cancer, lung disease, and other smoking-related illnesses.

## RECOMMENDED TREATMENTS FOR QUITTING SMOKING FOR PREGNANT WOMEN

- Behavioral interventions are a safe way of quitting tobacco and electronic cigarettes. These include:
  - Individual or group in-person behavioral support and counseling.
  - Telephone counseling and text messaging programs.
  - Self-help materials.

## HOW TO GET HELP

- Ask your doctor or substance use counselor for help quitting.
- Call **1-800-Quit-Now** for free help.
- Visit [www.smokefree.gov](http://www.smokefree.gov) for a step-by-step guide.
- Explore the resources at [www.takingtexasobaccofree.com](http://www.takingtexasobaccofree.com)

**Smoking cigarettes before, during & after pregnancy can harm your baby.**

This includes using electronic cigarettes, as the aerosol contains harmful chemicals & nicotine.

A project of Integral Care in Austin and the University of Houston, supported by the Cancer Prevention and Research Institute of Texas.