

## **Fact Sheet 17—Facts About Smoking and its Effect on Pregnancy**

We are concerned about the problems that smoking causes in pregnant women and their unborn children. We are providing this information to increase your understanding about these problems. We have also provided information how to get help to stop smoking or helping someone you know who is pregnant to quit.

### **Smoking during pregnancy has been found to increase chances of:**

- Miscarriage
- Tubal pregnancy
- Problems with the placenta (afterbirth)
- Premature breaking of the bag of waters (amniotic sac)
- Slower growth in babies while in the mothers womb
- Babies born at low birth weight (under 5lb. 8oz.)
- Stillbirth (20-30% increase)
- Premature birth (14% increase)

### **Ways to get help in quitting smoking:**

- Talk honestly with your healthcare provider about how much you smoke and ask for help in quitting - they are there to help you !!!! The healthcare provider's office may be part of the Clean Air for Healthy Children program and can provide you with extra help.
- Ask your family and friends to help you by not smoking around you and ask if they might consider quitting cigarette smoking along with you.
- Set a quit date and make positive plans to deal with concerns like handling stress, being around other smokers or gaining weight when you are not smoking.
- Call the free Pennsylvania Quitline (1-877-724-1090) to sign up for free telephone counseling sessions.
- If you continue to have trouble quitting, ask your healthcare provider if there are any community support programs (like Freedom from Smoking classes) or medicines that you could use to help you.
- Don't get discouraged....it takes the average person 5 –7 tries to stay quit !!!!