

THE HARMS OF SMOKING IN PREGNANCY

SMOKING IS THE SINGLE BIGGEST MODIFIABLE RISK FACTOR DURING PREGNANCY

WHEN A WOMAN SMOKES...

smoking in pregnancy challenge group

smokefreeaction.org.uk

There is damage to every major organ, risking disease

There is increased risk of miscarriage and stillbirth

Thousands of harmful chemicals are introduced into the bloodstream, which are then also transferred to the baby through the placenta

Ammonia Benzene
Cadmium Formaldehyde
Acetone Methanol Lead
Butane Hexamine
Tar Tolvene

The baby is at risk of serious harm, including low birth weight, premature birth and childhood illness

TO REMOVE THE RISK...



a pregnant woman should be advised and supported to stop smoking entirely



and advised that secondhand smoke is also dangerous

REFER WOMEN TO SPECIALIST QUIT SUPPORT WHERE THEY CAN GET HELP FROM A TRAINED ADVISOR



nicotine gum



nicotine patch



e-cigarette

Nicotine Replacement Therapy (NRT) is safe to use in pregnancy and may help women to quit

If a pregnant woman chooses to use an e-cigarette, this is far safer than smoking

Supported by Public Health England