

# Smoking and Pregnancy

## *Why are we concerned about women smoking while they are pregnant?*

Smoking during pregnancy is a common cause of pregnancy complications and of illness and death among infants. Smoking can lead to problems for a woman trying to get pregnant or who is already pregnant, and for her baby before and after birth.

## *What are the effects of smoking on pregnant women?*

- Increased risk for infections and chronic illnesses such as emphysema, heart disease, and lung cancer
- Placenta separates from the womb too early, causing bleeding
- Placenta covers the cervix, causing complications
- Water breaks too early
- Miscarriage

## *What are the effects of smoking on babies?*

- Damage unborn baby's growing brain and lungs
- Baby born too small or too early
- Baby born with cleft lip or cleft palate
- Stillbirth or infant death
- Sudden Infant Death Syndrome (SIDS)
- Possible cognitive effects associated with learning disabilities and conduct disorders



## *Where can I get help for quitting smoking?*

Quitting smoking can be hard, but it is one of the best ways a woman can protect herself and her baby's health. For support in quitting, including free quit coaching, a free quit plan, free education materials, and referrals to local resources, call **1-800-Quit-Now** (1-800-784-8669); TTY: 1-800-332-8615. Services are available for free in English and Spanish.

**For more information:** [www.quitnow.net/virginia](http://www.quitnow.net/virginia) or [www.cdc.gov/reproductivehealth/maternalinfanthealth/tobaccousepregnancy](http://www.cdc.gov/reproductivehealth/maternalinfanthealth/tobaccousepregnancy)



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