

# THE HARMS OF SMOKING IN PREGNANCY

SMOKING IS THE SINGLE BIGGEST MODIFIABLE RISK FACTOR DURING PREGNANCY

WHEN A WOMAN SMOKES...

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



There is damage to every major organ, risking disease

There is increased risk of miscarriage and stillbirth

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

Smoking in pregnancy challenge group

[smoketreeaction.org.uk](http://smoketreeaction.org.uk)

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

# Smoking And Pregnancy

**Emilie Sanchez**



## **Smoking And Pregnancy:**

Discover tales of courage and bravery in is empowering ebook, **Smoking And Pregnancy** . In a downloadable PDF format ( \*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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web plot a hermit uncle john communicates with animals and cares for the forest he is at odds with a forester who wants to cut down all the trees and wants any impediments like uncle john and the boy removed the child jackie had been washed downstream after a trainwreck in a storm

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