

SMOKING AND PREGNANCY

As you embark on this stressful yet wonderful chapter in your life, here is some information to help set you, and the baby, up for success:

- ★ **Completely stopping smoking** (but not just reducing how much you smoke) is a way backed by **science** to reduce health risks to your baby during and after pregnancy.
- ★ This won't place too much stress on the baby. But it will limit negatives that interfere with your baby's health and development, such as reduced oxygen flow and increased blood pressure.
 - ★ Even if in the past you had a healthy baby while smoking, **this does not guarantee** your new baby won't experience any of the health hazards.
 - ★ While some e-cigarette smoke contains fewer harmful chemicals than smoke from traditional cigarettes, **neither** is truly safe.
 - ★ You might be encouraged to try over-the-counter meds, prescription meds, or "natural" or "herbal" products while quitting. **Before using any of these, talk to your doctor about their safety for you.**

LASTLY...

Keep going! By just going to your doctor, you're taking advantage of awesome resources for you and your baby. And, while going cold turkey can be intimidating and difficult, 4 out of 5 women in a California study that completely stopped smoking for 28 days were able to permanently stop.



Visit the NYS Quitline for more information and resources related to smoking cessation at:

<https://www.nysmokefree.com/>