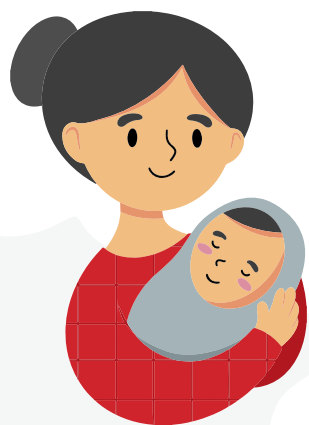


The truth about...

How Tobacco Harms Women During and After Pregnancy

Women who use tobacco during pregnancy risk the lives and health not only of themselves, but of the children they are expecting. **Quitting tobacco is one of the best ways a pregnant woman can** protect herself and her child. But because tobacco products are addictive, quitting them can be difficult. If you would like support to quit using tobacco, call **1-800-QUIT-NOW** to get help from trained professionals.



Pregnant women who smoke are:

- **Twice as likely** to experience **abnormal bleeding** during pregnancy and delivery.
- At **higher risk of miscarriage and ectopic pregnancy**.

- Tobacco use significantly raises a person's **chance of developing heart disease**. Heart disease is the **leading killer of new moms**.
- **Tobacco use is always dangerous**, but **using tobacco during pregnancy** puts the lives of the **woman and her unborn child at risk**.
- **Heart disease during pregnancy** leaves women with a **higher lifetime risk of heart disease after delivery**.



Sudden Infant Death Syndrome, or SIDS

CIGARETTE SMOKE CONTAINS MORE THAN
4,000 CHEMICALS.

One chemical is **nicotine**, the highly addictive drug that makes tobacco products so difficult to quit. Nicotine and other chemicals in **tobacco products can significantly harm a child, both before and after birth.**



Tobacco use **slows fetal development** and can cause **low birth weight**, even in full-term pregnancies. It can also cause **premature birth**, which can cause the child to experience:

- **Difficulty feeding**
- **Breathing challenges** that can last into childhood and adolescence
- Increased risk of the **brain damage that causes cerebral palsy**
- Developmental delays, including **obstacles to gaining language, thinking and movement skills**
- **Hearing and eyesight** problems
- A greater chance of having **physical birth defects such as cleft lip, cleft palate** or both
- Elevated odds of **dying from sudden infant death syndrome or SIDS**

