



What everyone should know about
Tobacco and Pregnancy

NICOTINE is a highly addictive and dangerous drug. There are over 4,000 chemicals within cigarette smoke. At least 60 are known to cause cancer in humans.

SMOKING AND SECONDHAND SMOKE (tobacco) shrinks blood vessels connected to the placenta providing nutrients and oxygen to the unborn child. This reduces the amount of oxygen the fetus receives causing the unborn child’s heart to pump more swiftly to receive the correct amount of oxygen needed for proper development. An increased risk of **miscarriage** occurs in parents who smoke.

During **BREASTFEEDING**, the chemicals within cigarettes – like other substances introduced into a mother’s body – passes through the breast milk to your newborn child.

Children of **SMOKING PARENTS** have an increased chance of lower birth weight, premature birth, “crib death” and life threatening diseases such as leukemia, lymphoma and brain cancer. These children more often get earaches, colds and have short and long-term breathing problems.

IT IS POSSIBLE TO QUIT SMOKING. Thousands of people have stopped smoking successfully. Sure, it’s hard – some say one of the hardest things they have ever done – **but it IS POSSIBLE.** One thing is known for sure about smoking, no one can quit for the smoker and the smoker will **not** quit until they make the decision for themselves to quit. Quitting for yourself, for someone you love, for your unborn child – whatever the reason, quitting smoking is one of the healthiest decisions a person can make in their lifetime.

THERE IS HOPE. A pregnancy can be affected positively through increased nutrition and breastfeeding. Increased nutrition enriches a child’s further development. Breastfed children have higher mental capacities and physical development. Anyone wanting to quit smoking can contact their local health department for assistance:

Metro Louisville/Jefferson County: 502/574-STOP	Oldham County: 502/222-3516
Shelby, Henry, Spencer, & Trimble Counties: 502/845-2882	Bullitt County: 502/955-5255
1-800-QUITNOW (for Pregnant Women in Kentucky or Great Start Quitline (for national resources): 1-866-66-START (toll free)	Online Internet Quitsite (for pregnant women): Great Start: www.americanlegacy.org/greatstart

A woman experiencing problems with ongoing use of tobacco products (either her own or by someone affecting her pregnancy) during her pregnancy can also call **PROJECT LINK @ 502/583-5931** for confidential help.

For more information, contact the Prevention Division of Seven Counties Services, Inc. at 502/589-8615 x1177.

(Source Credit: Project Link, March of Dimes, National Women’s Health Organization, Deb Everson, etc.)