

THE HARMS OF SMOKING IN PREGNANCY

SMOKING IS THE SINGLE BIGGEST MODIFIABLE RISK FACTOR DURING PREGNANCY

WHEN A WOMAN SMOKES...

smoking in pregnancy
challenge group

smoketreeaction.org.uk

There is damage to every major organ, risking disease

There is increased risk of miscarriage and stillbirth

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

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

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 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

Albert A Gayle



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Table of Contents Smoking And Pregnancy

1. Understanding the eBook Smoking And Pregnancy
 - The Rise of Digital Reading Smoking And Pregnancy
 - Advantages of eBooks Over Traditional Books
2. Identifying Smoking And Pregnancy
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Smoking And Pregnancy
 - User-Friendly Interface
4. Exploring eBook Recommendations from Smoking And Pregnancy
 - Personalized Recommendations
 - Smoking And Pregnancy User Reviews and Ratings
 - Smoking And Pregnancy and Bestseller Lists
5. Accessing Smoking And Pregnancy Free and Paid eBooks
 - Smoking And Pregnancy Public Domain eBooks
 - Smoking And Pregnancy eBook Subscription Services
 - Smoking And Pregnancy Budget-Friendly Options
6. Navigating Smoking And Pregnancy eBook Formats
 - ePub, PDF, MOBI, and More
 - Smoking And Pregnancy Compatibility with Devices
 - Smoking And Pregnancy Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Smoking And Pregnancy
 - Highlighting and Note-Taking Smoking And Pregnancy
 - Interactive Elements Smoking And Pregnancy
8. Staying Engaged with Smoking And Pregnancy

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Smoking And Pregnancy
- 9. Balancing eBooks and Physical Books Smoking And Pregnancy
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Smoking And Pregnancy
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Smoking And Pregnancy
 - Setting Reading Goals Smoking And Pregnancy
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Smoking And Pregnancy
 - Fact-Checking eBook Content of Smoking And Pregnancy
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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