# THE HARMS OF SMOKING IN PREGNANCY

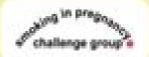
SMOKING IS THE SINGLE BIGGEST MODIFIABLE RISK FACTOR DURING PREGNANCY

WHEN A WOMAN SMOKES ...

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







smokefreeaction.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 CANGET HELP FROM A TRAINED ADVISOR





Nicotine Replacement Therapy (NRT) is safe to use in pregnancy and may help women to quit If a prognant woman chooses to use an e-cigarette, this is far safer than smoking

Supported by Public Health England

# **Smoking And Pregnancy**

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