

# 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](http://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

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## **Smoking And Pregnancy:**

Embark on a breathtaking journey through nature and adventure with Explore with is mesmerizing ebook, Witness the Wonders in **Smoking And Pregnancy** . This immersive experience, available for download in a PDF format ( PDF Size: \*), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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