

Impacts of Smoking on Mother and Baby

Chronic diseases are long-lasting health problems that need medical care. Taking care of chronic diseases before pregnancy can lower the risks of birth defects, pregnancy loss, and problems during pregnancy and childbirth.

How Does Smoking Affect Me?

- Women who smoke can have a hard time getting pregnant.
- Smoking can damage women's eggs and could cause a dangerous pregnancy where the egg grows in the wrong place. (This is known as an ectopic pregnancy.)
- Smoking causes many different types of cancers.
- Nicotine is an addictive chemical found in cigarettes.
 - Nicotine makes it hard to stop smoking.
 - Nicotine can hurt your heart by raising your heart rate and blood pressure. It can also lead to a heart attack.

How Does Smoking Affect My Children?

Smoke has more than 4,000 chemicals in it! Smoking during pregnancy can cause a lot of problems. A growing baby gets all its nutrients from you, but smoking can limit how much the baby gets. It can cause your baby to be born early or be too small. Smoking also hurts a baby's growing organs like the brain and lungs. Smoking during pregnancy can also cause lung or vision problems when kids get older.

How Does Vaping Affect Me And My Child?



Vaping is NOT safer than cigarettes.

Vaping can cause some of the same problems as smoking!

- Vaping is not safer than smoking.
- E-Cigarettes still have nicotine which hurts a growing baby's brain and lungs.
- Vaping puts chemicals into the air, not just water vapor.
- Vaping can cause eye, throat and asthma or breathing problems in children.

What Can I Do?

There are many steps you can take. Even small changes can help you become smoke free.

- Call Ohio's Tobacco Quit Line at **800-QUIT-NOW (800-784-8669)** for help and free items to help you quit smoking.
- Keep a tobacco free house and car.
- Set a goal to reduce the amount you smoke or vape every day.
- Talk to your doctor for help.

When you quit smoking or vaping, you and your child will benefit. Your child will likely have less illnesses, a longer, healthier life, and less risk for sudden infant death syndrome. If you quit before or during your pregnancy, stay smoke free after the baby is born.



Did you know if you quit smoking, your eggs and ovaries can be healthier in 3 months?

Resources:



For help to quit smoking or vaping, call:

Ohio's Tobacco Quit Line
800-784-8669 (800-QUIT-NOW)



**Ohio Department of Mental Health
& Addiction Services**
614-466-2596



Contact **National Rehab Hotline** for referrals to a treatment facility & resources.
877-276-6364