

Total Wellbeing

Luton

Maternal Healthy Lifestyles

The risks of smoking in pregnancy

There are many serious risks to smoking during pregnancy – both for you and your baby. We can support you to stop smoking at this exciting time for the benefit of your health and that of your baby.

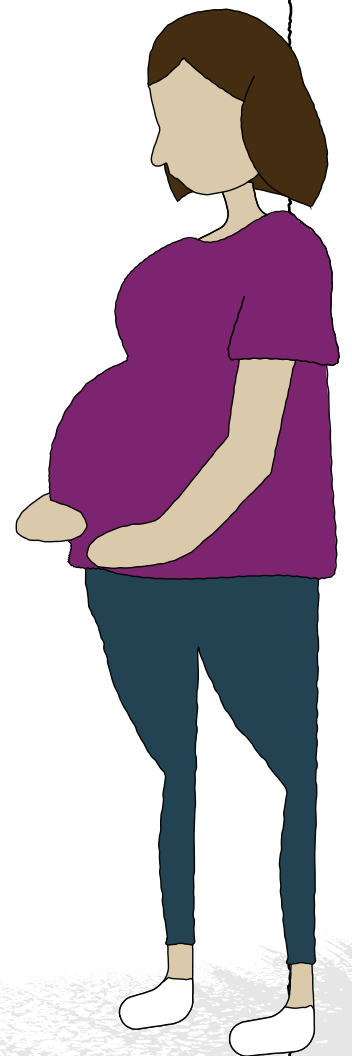
Smoking in pregnancy

Smoking in pregnancy causes complications for both you and your baby. If you smoke during your pregnancy, you're more likely to:

- Have a miscarriage
- Suffer from bleeding
- Have a premature birth or an underweight baby
- Suffer complications either during or after the birth

The good news

The good news is that it's never too late. It's worth giving up whenever you can as research shows that stopping smoking at ANY point during your pregnancy is better than not stopping at all.



Supporting your physical and emotional health

The effect of smoking on your baby

The harsh truth is that, when you smoke, you inhale carbon monoxide. This is a lethal gas which affects the supply of oxygen to your baby. The restricted supply of oxygen affects your baby's growth and development. Smoking also introduces harmful chemicals to your baby's blood supply and restricts the flow of blood that your baby needs for healthy growth.

Second hand smoke

Breathing in second hand smoke can also contribute to health problems for you, your baby and your family.

Second hand smoke – breathing in the smoke from others around you – can cause:

- Chest infections
- The onset of asthma and asthma attacks
- Reduced lung function and wheezing
- Eye, nose and airway irritations and infections
- Bacterial meningitis (smoking doubles the risk)

Cot death is also twice as likely in homes where parents smoke.

Join forces together!

Many women find it helpful if their partner stops smoking at the same time as they do. So your pregnancy is the perfect time to join forces together. We can support both you and your partner to take this important step to a healthier lifestyle.

We're ready when you are:

Tel 0300 555 4152

Email info@totalwellbeingluton.org

Self-refer www.totalwellbeingluton.org

Supporting your physical and emotional health