

HOW DOES SMOKING AFFECT YOUR PREGNANCY?

If you smoke during pregnancy you increase your risk of having the following complications:

- Still birth (baby dies in womb)
- Neonatal death (baby dies after birth)
- Pre-term delivery (baby is born too early)
- Low birth weight babies (baby is too little)
- Cleft lips (gaps in the lip and or palate)
- Miscarriage (baby dies within the first 20 weeks)

WHAT HAPPENS WHEN YOU STOP SMOKING?

- You increase your chances of having a healthy baby
- You reduce your risk of miscarriage
- Your baby will be less likely to die of Sudden Infant Death Syndrome (SIDS)

Your baby's health is affected by your smoking.


Talk to your healthcare provider about how smoking may have affected you and your children's health.



Smoking Cessation Resources:


New York State Smokers' Quitline

 1-866-NY QUILTS


 1-866 697-8487

Local Resources

Queens Hospital Center

 718-883-4209

Elmhurst Hospital Center

 718-334-2550

