



Know the facts: **Smoking can harm both you and your baby**

Smoking is harmful during every part of your baby's development and continues to be harmful even after your baby is born.

Smoking can cause:

- **Changes in your cervix** (the lower third portion of the uterus that the baby passes through when it is born) and **cervical cancer**.
- **Infertility in women**, making it more difficult to have more children.
- **Premature babies and with low birth weight, respiratory diseases, and other illnesses.** Low birth weight is the leading cause of infant death.
- **Serious problems with the placenta**, including placenta previa (a condition in which the placenta is attached close to or covering the cervix) and placental abruption (the early separation of a normal placenta from the wall of the uterus).
- **Blood vessels to constrict in the umbilical cord and uterus, decreasing the amount of oxygen your unborn baby receives.** Nicotine may also reduce the amount of blood in the baby's bloodstream, which can contribute to low birth weight.
- **Premature rupture of membranes before labor begins.** This can lead to premature birth and possibly infant death.

After the baby is born, secondhand smoke can have terrible effects. **Smoking by mothers causes sudden infant death syndrome (SIDS)** and infants exposed to secondhand smoke are at twice the risk of SIDS than unexposed infants.

Also, **if a nursing mother smokes, her breast milk may contain nicotine**, which may be harmful if a baby drinks it.

To learn how you can stop smoking—even just while you are pregnant—call your *Healthy Together!* Health Coach toll-free at 1-888-545-1710.

Disclaimer: Information or education provided in this fact sheet is not intended to replace medical advice from your healthcare provider. The information provided on this fact sheet is not all-inclusive of this topic.

Healthy Together! is offered by the Wyoming Department of Health to all Wyoming EqualityCare clients at no cost. The program provides one-on-one support from a nurse, educational materials to encourage the self-management of health and assistance in coordinating care among multiple providers. ***Healthy Together!*** also provides EqualityCare clients with information on weight loss, smoking cessation, and how to adopt healthy lifestyles. ***Healthy Together!*** was named the Best Government Disease Management Program by the Disease Management Association of America in 2005.



**Nonsmokers
have fewer
complications
with pregnancy
and have
healthier babies
than smokers.**

