



# Pregnets

[www.pregnets.org](http://www.pregnets.org)

## BENEFITS OF QUITTING

Smoking during pregnancy is harmful to a woman's health and that of her fetus. There are many benefits to quitting at any time in a woman's life.

### Benefits of Quitting for the Woman

Decrease her risk of developing:

- many forms of cancers, including lung cancer which is the number one cancer that kills women
- heart disease and stroke, the number one killer of women
- Circulatory problems
- Respiratory problems including COPD, emphysema, pneumonia, etc
- Many other health problems: osteoporosis, tooth and gum disease, peptic ulcers, thyroid disease, menstrual problems, fertility, etc.

### Benefits of Quitting for the Pregnancy

Decrease her risk of :

- Having a low birth weight baby
- Spontaneous abortion and perinatal mortality
- Vaginal bleeding, premature delivery, abruptio placenta and placenta previa
- Decrease effect on the quality and quantity of breast milk

### Benefits of Eliminating Exposure to Second Hand Smoke

Decrease risk of :

- Sudden Infant Death Syndrome (SIDS)
- Child developing bronchitis and pneumonia as well as other respiratory infections
- Child developing asthma and allergies
- Child developing middle ear infections

Screening for tobacco use among your patients takes only a few minutes. Refer to the algorithm on the reverse for a quick, easy guide to screening your patients.



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## TOBACCO USE IN PREGNANCY

### ASK

When was the last time you used any tobacco?



*No tobacco use*



### Advise

How do you feel about quitting?

Ready to quit



Not ready to quit



Quitting smoking is the best thing you can do for your health and that of your baby. If you want to discuss, please let me know or contact any of the resources below:

### Refer

**Smokers' Helpline**  
1 877 513-5333

www.pregnets.org

**Motherisk Helpline**  
1 877 327-4636

How often are you exposed to someone else smoking?

### If exposed:

Would it be ok to give you some information on how to reduce your exposure to second hand smoke?



- Encourage family/friends to not smoke around woman and children – they should smoke outside
- Encourage her to make her home and vehicle(s) smoke-free
- Avoid places that allow smoking
- Offer family/friends help to quit smoking (referral to Smokers' Helpline)

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Centre for Addiction and Mental Health

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