



For more information on the health effects of tobacco use and nicotine dependence treatment services available, contact your local health clinic.

## Benefits for your baby

Stopping tobacco use during pregnancy:

- Increases the amount of oxygen your baby will get.
- Increases the chances that your baby's lungs will work well.
- Increases the chances of having a normal-weight baby.
- Increases the chances your baby will come home from the hospital with you.
- Decreases the risk that your baby will be born too early.

Alaska Native Tribal Health Consortium  
Division of Community Health Services  
Office of Alaska Native Health Research  
Nicotine Research and Control Program  
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For more information or to order materials  
contact ANTHC at (907) 729-1301  
*Check out our website: [www.anthc.org](http://www.anthc.org)*



**wtpn**  
Women's Tobacco Prevention Network 

Sources: [www.acog.org](http://www.acog.org) • Fox Chase Cancer Center  
American Cancer Society  
Department of Health and Human Services

Cont/Prep • Health Education Committee 1/4/04

The Alaska Native Tribal Health Consortium and Southcentral Foundation jointly own and manage the Alaska Native Medical Center under the terms of Public Law 105-83. These parent organizations have established a Joint Operating Board to ensure unified operation of health services provided by the Medical Center.

## How Tobacco Affects My Baby



Patient Education



## How tobacco hurts your baby

- When you smoke or chew you take in many poisons.
- One poison in tobacco smoke is carbon monoxide, the same gas that comes out of a car's exhaust pipe.
- Tobacco also contains nicotine. It is very addictive.
- Nicotine tightens the blood vessels in the placenta so that less blood flows to your baby. This keeps your baby from getting the food and oxygen he or she needs to grow.
- Some people think that switching from smoking to chew is safer for their baby. But nicotine still goes into your blood stream and harms your baby.
- When nicotine from tobacco enters the blood stream, it builds up in the:
  - *Baby's body*
  - *Tissue that feeds and surrounds the baby*



Babies born to mothers who use tobacco are more likely to:

- *Catch more colds and flu*
- *Have more ear infections*
- *Have trouble learning and growing*
- *Have increased number of asthma attacks*
- *Die from SIDS (Sudden Infant Death Syndrome)*

## Tobacco use during pregnancy causes problems

Problems caused by tobacco use during pregnancy include:

- *Premature births*
- *Low birth weight*
- *Vaginal bleeding*
- *High blood pressure*
- *Miscarriages*
- *Still births*
- Chemicals in tobacco also enter your breast milk.
- Mothers who use tobacco breast feed less.

When you stop using tobacco you:

- *Give your baby a better chance to be healthy.*
- *Have more energy and breathe better.*
- *Save money you can spend on other things.*
- *Feel good about what you have done for yourself and your baby.*
- *Give yourself a better chance of a healthy, problem-free pregnancy.*