

## DID YOU KNOW THAT?

- **Smoking is an addiction** that is difficult to overcome and exposes a mother and her child to serious risks.
- **The future mother must not be the only person concerned by this problem.** If spouse and immediate family members smoke, they are exposing the mother and her child to the same risks previously stated.
- Despite good intentions, some mothers will never be able to stop smoking during pregnancy or before conception. **Smoking cessation, regardless of when it happens during the pregnancy will improve the foetus' development and growth.**
- **It is never too late** to stop smoking and such a decision is beneficial for the smoker and their family. The foetus and infant will benefit from greater development and growth and promotes a healthy future.

**During pregnancy or while breastfeeding,** the mother can be supported with Nicotine Replacement Therapy (gum, lozenges, patches) that present a much lower risk to the child than tobacco.

**Talk to your doctor!**

Stop smoking with

**I QUIT NOW**



**THREE CONFIDENTIAL AND FREE  
SERVICES FOR SMOKING CESSATION**



### TELEPHONE SUPPORT

**1-886-527-7383**

Lundi au jeudi : 8 h à 21 h

Vendredi : 8 h à 20 h

Monday to Thursday: 8 am to 9 pm

Friday: 8 am to 8 pm

Qualified **I Quit Now** specialists will listen to your needs without judgement.



### ONLINE SUPPORT

**[Tobaccofreequebec.ca/iqitnow/](https://Tobaccofreequebec.ca/iqitnow/)**

Easy to use on your smart phone or tablet. You can stop smoking when ready and can follow your progress 24 hours/day.



### IN-PERSON SUPPORT

Individual or group meetings in a  
Stop smoking center.

Call your local CLSC to obtain the contact  
information for the Stop smoking  
center nearest you.



**RISKS ASSOCIATED WITH SMOKING  
during and after pregnancy**

**Centre intégré  
de santé et de services  
sociaux de l'Abitibi-  
Témiscamingue**

**Québec**



**Québec**



## ALLOW BABY TO BE BORN HEALTHY

Despite all of the information on the dangers of smoking, almost a third of future mothers are exposed to tobacco smoke. Either they smoke (**active smoker**) or they are exposed to second-hand smoke (**passive smoker**).

Cigarette smoke contains over 4,000 chemicals of which 50 are recognized as carcinogenic.

These toxins harm the mother's health and her pregnancy. Nicotine and carbon monoxide reduce the supply of oxygen to the baby and slows their growth.

The consequences of smoking during pregnancy will be felt throughout the lifetime of the unborn child who was exposed to it in the womb.

“The more a mother is exposed to cigarette smoke, greater are the risks to her and her unborn child”.

## DURING PREGNANCY

### RISKS FOR THE MOTHER:

The mother who smokes is exposed to risks related to smoking (cancer, cardiovascular and respiratory disease, etc.). Tobacco also increases complications related to pregnancy.

- Twice as likely to miscarry.
- Three times more at risk for an ectopic pregnancy.
- More incidences of placenta Previa.
- More incidences of placenta abruption (bleeding).
- More premature rupture of membranes associated with higher risk of infection and caesarian births.
- More preterm births (less than 37 weeks).

### RISKS FOR THE FOETUS

When the future mother smokes, the toxins contained in the tobacco are transmitted to the foetus who, unwittingly, becomes a passive smoker. The foetus of a smoking mother or one exposed to second-hand smoke is more at risk for:

- Low birth height and weight
- Smaller head and brain
- Congenital birth defects of limbs and face
- Preterm birth
- Stillbirth

## AFTER BIRTH

### Breastfeeding

Taking into account all of the benefits of breastfeeding, it is still recommended that a mother who smokes should breastfeed her baby and take precautions not to expose her baby to second-hand smoke.

To reduce the amount of toxins in the breastmilk, it is recommended to smoke after breastfeeding.

The quantity of breastmilk produced by a smoking mother is reduced by about 30% and is also less nutritional. The baby could feel the effects of withdrawal (lack of nicotine) if not breastfed in over 24 hours (becomes irritable).

### Risks for the child

- More prone to cancer (brain tumors, leukemia).
- Behavior problems (Hyperactivity, aggression, criminality, addictions).
- Learning difficulties and ADD.
- Increased risk for obesity, hypertension, diabetes in childhood or adolescence.
- Increased risk for addiction to nicotine and to become a smoker.

### Second-hand smoke exposes a young child to:

- Twice the risk for Sudden Infant Death Syndrome.
- Twice the risk for respiratory infections (ear infection, bronchitis, pneumonia).
- Twice the risk for asthma (increased frequency and severity of episodes).