

Risks of Smoking During Pregnancy

(Including e-cigs, cigarettes, vaping, Black's, etc.)



Pregnancy Complications from Smoking

- High Blood Pressure
- Ectopic Pregnancy
- Miscarriage
- Placenta Previa
- Premature Labor
- Premature Rupture of Membranes

Smoking Effects on Your Unborn Baby

- Increased colds, respiratory illness, and ear infections
- Risk of (SIDS) Sudden Infant Death Syndrome increases
- Affects the baby's brain center that regulates breathing
- Increased risks of asthma

Smoking Around Your Baby/Child (Second-Hand Smoke)

- Reduces oxygen supply and nutrients to the baby
- Slower growth and organ development
- Increased risk of birth defects such as a cleft palate and cleft lip
- Baby moves less in the womb for minimum of 1 hour after smoking due to low oxygen to the baby
- Decreased development and function of the placenta
- Could impair the baby's brain and lung development
- Low birth weight

Resources to Help You Stop Smoking

Call (615-340-5334) or email TobaccoPrevention@nashville.gov for info on the Freedom from Smoking Program or GIFTS Program: a program to help you stop smoking during pregnancy

Call 800-QUIT-NOW (800-784-8669) for advice, support on quitting tobacco.

To quit vaping, text DITCHJUUL to 88709 for free support 24/7.