



Smoking During Pregnancy

Quitting or cutting back anytime during pregnancy will help both mother and baby. Stopping by 20 weeks into the pregnancy can reverse many of the harmful effects on the baby.

Logansport Memorial Hospital can help you quit with access to these resources:

- For free help to quit smoking, call the Indiana Tobacco Quitline: **1.800.QUIT.NOW** (784.8669)
- Smoking cessation classes are also offered by a staff respiratory therapist. Classes can be flexibly scheduled to make attending easy and convenient for you. Call Emily Miller at **574.753.1466** to talk more about your options.

BUILDING BETTER HEALTH

KNOW THE NUMBERS

20 minutes

Blood pressure and pulse return to normal*

1 Hour

Risks of complications during pregnancy become less*

8 Hours

Nicotine levels fall and circulation improves*

1 Day

Lungs begin to work better*

Carbon monoxide removed from body*

2 Days

Nicotine removed from body*

Smoking no longer affects baby's growth

3 Days

Energy levels increase*

Breathing becomes easier*

2 Weeks

Daily tasks become easier to do.

Withdrawal symptoms begin to ease*

1 Month

Withdrawal symptoms have stopped*

Breathing and energy levels continue to improve*

6 Months

Your baby is less likely to suffer breathing problems, asthma, wheezing, glue ear or be hospitalized

Your children are less likely to smoke when they get older

Risks of heart attack, cancer and 'smoking' diseases begin to fall*

**This applies to both your health and you baby's health*

When you are pregnant, the things you do affect your unborn child. Smoking — or even being around other people who smoke — exposes your baby to harmful chemicals that can have a lifelong impact.

Healthy Benefits for you and your baby (if you quit smoking):

- Increases the amount of oxygen your baby will get
- Increases the chances your baby's lungs will work well
- Lowers the risk that your baby will be born too early, and/or have a lower birth weight
- Gives you more energy and helps you breathe easier
- Saves you money to buy more things for your baby — and yourself
- Lowers the risk for your baby of sudden infant death syndrome (SIDS) after birth

Additional facts about quitting smoking:

- Many pregnant women are tempted to cut down the number of cigarettes they smoke instead of quitting. Cutting down to less than 5 cigarettes per day can reduce risk, but quitting is the best thing you can do for you and your baby.
- It's never too late to quit smoking during your pregnancy.

However, stopping by 20 weeks into pregnancy can reverse many of the harmful effects for your baby.

- After just one day of not smoking, your baby will get more oxygen. Each day that you don't smoke, you are helping your baby grow.
- During the first few weeks after quitting, cravings and withdrawal symptoms may be strongest. You can reduce the length of each craving for a cigarette by distracting yourself (keep your hands, mouth and mind busy). It only takes approximately 3 minutes for a craving to pass.
- Withdrawal symptoms are often signs that your body is healing. They are normal, temporary, and will lessen in a couple weeks.
- Weight gain during pregnancy is normal. If you are worried about gaining weight when you quit smoking, now is an ideal time to quit. The weight you gain is far less harmful than the risk you take by smoking.

After just one day of not smoking, your baby will get more oxygen to develop their lungs, tissue and brain.

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