

TOBACCO *and* Pregnancy

Smoking during pregnancy is dangerous for you and your fetus. If you use cigarettes or e-cigarettes, now is the time to quit.



RISKS FOR YOUR FETUS



- Delayed growth
- Higher chance of being born too early
- Permanent brain and lung damage
- Higher risk of stillbirth

RISKS FOR YOUR NEWBORN



- Smaller size at birth
- Colic with uncontrollable crying
- Sudden infant death syndrome (SIDS)
- Development of obesity and asthma during childhood

RISKS FOR YOU



- Ectopic pregnancy (a pregnancy outside of the uterus)
- Problems with the placenta
- Problems with your thyroid
- Water breaking too early



QUITTING SMOKING

will help you have a healthy pregnancy and a healthy baby.

Did You Know ?

- Nicotine is only one of 4,000 toxic chemicals in cigarettes.
- Using e-cigarettes (vaping) is not a safe substitute for smoking cigarettes.
- Other smokeless tobacco products, like snuff and gel strips, also are not safe.
- Secondhand smoke can cause growth problems for your fetus and increase your baby's risk of SIDS.

If you need help quitting, talk with your obstetrician–gynecologist (ob-gyn) or other health care professional. Or call the national smoker's quit line at 1-800-QUIT-NOW.



The American College of Obstetricians and Gynecologists believes that pregnant women who use tobacco should receive counseling to help them quit. Your ob-gyn or other health care professional can offer advice about quitting at your first prenatal visit or at any time throughout your pregnancy.



Alcohol and Pregnancy

If you drink alcohol during pregnancy, your baby may be at risk of lifelong birth defects.

Moderate Drinking: What's the Risk?

There is no safe amount or type of alcohol use during pregnancy. Even moderate drinking (one drink a day) can cause lifelong problems for your baby. These problems may be less obvious than those caused by heavy drinking. They may include problems with

- coordination
- behavior
- attention
- learning
- understanding consequences

Heavy Drinking: What's the Risk?

Heavy drinking is having more than three drinks per occasion or more than seven drinks per week. The most severe result of heavy drinking during pregnancy is called fetal alcohol syndrome (FAS). FAS can cause serious birth defects for your baby, including

- problems with brain development
- lower-than-average height and weight
- smaller-than-normal head size
- abnormal facial features



DID YOU KNOW?



- **No drinks are safe. One beer, one shot of liquor, one mixed drink, and one glass of wine all contain about the same amount of alcohol.**
- **If you are trying to get pregnant, you should not drink alcohol.**
- **Didn't know you were pregnant? While no amount or type of alcohol is safe during pregnancy, serious harm is unlikely if you drank before you knew you were pregnant. The most important thing is to stop drinking alcohol when you find out you are pregnant.**



**Alcohol-related birth defects are completely preventable.
Do not drink alcohol during pregnancy.**

If it is hard for you to stop drinking, talk with your obstetrician–gynecologist (ob-gyn) or other health care professional about getting help. You also can visit the Alcoholics Anonymous website at www.aa.org or call the Substance Abuse and Mental Health Services Administration's treatment referral line at 800-662-HELP (4357).

During your first prenatal visit, or at any time throughout your pregnancy, your ob-gyn or other health care professional can offer advice about avoiding alcohol while pregnant.

The American College of Obstetricians and Gynecologists believes that pregnant women who are dependent on alcohol should receive counseling and medical support to help them stop drinking.