



# Nicotine & Pregnancy

Pregnancy is a perfect time to start fresh and support is available if you're ready to take that step towards being nicotine free.



## Nicotine's Impact on Your Baby

- Increased risk of miscarriage and stillbirth
- Higher chance of being born too early
- Low birth weight
- Linked to birth defects
- Permanent brain and lung damage



## Health Risks For Your Newborn

- Developmental delays
- Irritability and trouble sleeping
- Smaller size at birth
- Ear infections
- Higher chance of Sudden Infant Death Syndrome (SIDS)



## Health Risks For You

- Increased risk of pregnancy complications
- Slows recovery after birth
- Problems with your thyroid
- Water breaking too early

Quitting nicotine—whether from cigarettes, e-cigarettes, vapes, or other products—can be one of the best choices you make for both your health and your baby's.

MORE INFO



BarryCountySATF.com

**B E T H E C H A N G E**

If you need help quitting, talk with your OB-GYN or call the national smoker's quit line at **1-800-QUIT-NOW**