

# HOW DOES SMOKING AFFECT YOUR UNBORN BABY?



## Birth Defects

Smoking during pregnancy raises the risk of your baby being born with birth defects. The most common types of problems are congenital heart defects and problems with the structure of the heart.

## Placenta Previa

This is when the placenta stays in the lower part of the uterus, partially or fully covering the cervix. The Placenta often tears causing excessive bleeding depriving the fetus of vital nutrients and oxygen.

## Preterm Birth

Smoking during pregnancy can cause a baby to be born too early and this can cause problems like visual and hearing impairments, mental disabilities, learning and behavioural issues, and complications that can result in death.

## Low Birth Weight

A baby is born with low birth weight can suffer development delay, cerebral palsy and hearing or vision ailments.

## IT'S NEVER TOO LATE TO QUIT

*For more information please call your Tackling Indigenous Smoking Team or call your local Medical Centre and consult with your GP.*

 1800 215 099 or (02) 4448 0200  [intake@southcoastams.org.au](mailto:intake@southcoastams.org.au)  ICN 182



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**BE SMOKE FREE**

**BE HEALTHY  
BE DEADLY!**

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## Smoking raises the likelihood of miscarriages and stillbirth

### Ectopic Pregnancies

This happens when a fertilised egg implants outside the uterus either in the fallopian tube or in the abdomen. This means the embryo must be removed before life threatening complications to the mother.

### Placental Abruption

Placental abruption can cause severe bleeding and threaten the life of both mum and baby.

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# USING NICOTINE REPLACEMENT THERAPY WHILE PREGNANT

*Evidence shows using Nicotine Replacement Therapy (NRT) while pregnant is much safer than continued smoking. NRT delivers lower levels of nicotine to the fetus.*

Compared to cigarettes, NRT does not contain any other harmful chemicals including:

- ✓ **ACETONE:** found in nail polish remover
- ✓ **BUTANE:** used in lighter fluid
- ✓ **LEAD:** used in batteries
- ✓ **TAR:** material for paving roads

These are just 4 of the 7,000 chemicals in a cigarette.

## Are you a breastfeeding mother?

Nicotine levels in an infant from NRT use while breastfeeding are low and unlikely to cause harm.

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