

# Smoking and Pregnancy Don't Mix

It's Bad Before, During and After Baby's Birth

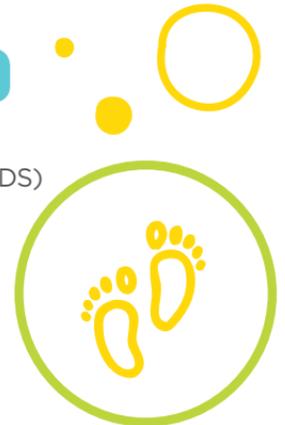


## Women: Possible Effects

- Can't get pregnant
- Leads to water breaking too early
- Brings on complications like dangerous bleeding
- Makes eggs grow outside the womb causing ruptures/severe bleeding

## Babies: Possible Effects

- Born too small and too early
- Sudden Infant Death Syndrome (SIDS)
- Stillbirth
- Cleft lip/palate
- Birth defects
- Attention Deficit/Hyperactivity Disorder (ADHD)
- Miscarriage



# Quitting Is Hard. Here's Help.

- ✔ Talk To Your Doctor
- ✔ Ohio Tobacco Quit Line

<https://ohio.quitlogix.org>  
(free coaching, plans and materials)

1-800-784-8669

TTY: 1-800-332-8615



[www.helpmegrow.ohio.gov](http://www.helpmegrow.ohio.gov)

Source: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, based on 2014 Surgeon General's Report, Ohio Department of Health

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