



## The Tobacco Stats: Pregnant & Post-Partum Edition

Babies whose mothers smoke are about **three times more likely to die from SIDS.**

Nicotine is a **health danger for pregnant women and developing babies** and can damage a **developing baby's brain and lungs**

**Nicotine** is the **most important pharmacologically active compound** in cigarette smoke. Nicotine quickly passes the fetal-placental barrier, reaching the fetus at **concentrations 15% higher than in the mother.**

### Risks For Your Fetus

Delayed  
growth

Higher chance  
of being  
premature

Permanent  
brain and lung  
damage

### Risks For Your Newborn

Smaller size  
at birth

Colic with  
uncontrollable  
crying

Development  
of obesity and  
asthma

### Risks For You

Ectopic  
pregnancy

Problems with  
placenta

Problems with  
your thyroid

# Resources to Help You Quit



**Tobacco Free Adagio Health**  
[tobaccofree.adagiohealth.org](http://tobaccofree.adagiohealth.org)



**1-800-QUIT-NOW**  
Pennsylvania Free Quitline



**quitSTART App**



**Kwit:** A simple and effective method to support you during your pregnancy, keep track of your daily progress and see the evolution in your cessation process