

## Smoking During Pregnancy

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- Smoking doubles the risk of problems which can result in heavy bleeding during pregnancy.
- Babies of smokers are much more likely to die from SIDS.
- Smoking nearly doubles the risk of having a low-birth weight baby.
- Smoking slows fetal growth and increases chance of baby being born too early.
- Smokers often have trouble conceiving.

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For more information and help quitting call:  
**1-800-QUITNOW**

### **Stay Smoke-Free After Birth**

Babies who are around smoking are more likely to get respiratory illnesses such as bronchitis and pneumonia. Exposure to smoke also them more likely to have ear infections and asthma.

Smoking increases your chances of having of lung cancer, heart disease, stroke, and difficulties with breathing.

Stay healthy for your baby.



For more information visit [www.reachcny.org](http://www.reachcny.org) or call REACH CNY at 1-888-295-8662. Funded in part through the NYS Dept. of Health Division of Family Health.



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