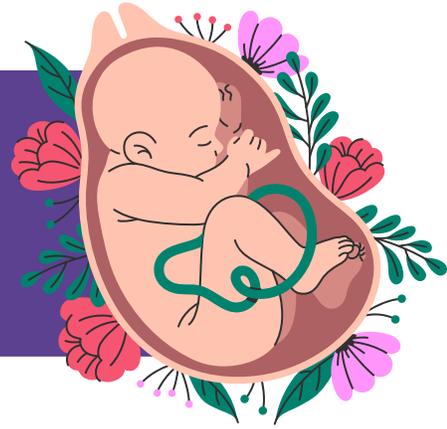


Tobacco & PREGNANCY

SMOKING OR VAPING DURING PREGNANCY IS DANGEROUS TO YOU, AS WELL AS YOUR BABY. IF YOU SMOKE CIGARETTES OR E-CIGARETTES, IT IS **VITAL** TO QUIT IMMEDIATELY.

RISKS FOR YOUR FETUS

- Delayed growth
- Higher chance of preterm labor/delivery
- Permanent brain and lung damage
- Higher risk of stillbirth



RISKS FOR YOUR NEWBORN

- Smaller size at birth
- Colic with uncontrollable crying
- Sudden infant death syndrome (SIDS)
- Development of obesity and asthma during childhood



RISKS FOR YOU

- Ectopic pregnancy (pregnancy outside the uterus)
- Problems with placenta
- Problems with thyroid
- Water breaking too early



Information
adapted from



Remember:

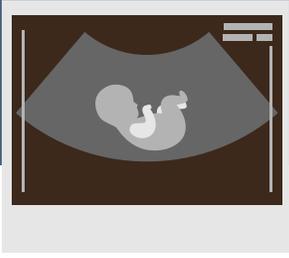
- Nicotine is just one of 4,000+ toxic chemicals in cigarettes
- Vaping is not a safe alternative to smoking, and neither are safe in pregnancy
- Smokeless tobacco products (snuff, gel strips) are also not safe alternatives

Your OB/GYN is here to help. Quitting is not always easy, but it is the right choice for you and your baby. Please reach out to your doctor if you need assistance with quitting, or call the national smoker's quit line at 1-800-QUIT-NOW.



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Alcohol & PREGNANCY



CONSUMING ALCOHOL DURING PREGNANCY PUTS YOUR BABY AT RISK OF BIRTH DEFECTS THAT WILL AFFECT THEM FOR THEIR **ENTIRE LIFE**.

RISKS OF *Moderate* DRINKING

There is **NO** amount of alcohol that is safe during pregnancy. Even moderate drinking (one drink a day) has the potential to cause lifelong problems for your child, including but not limited to:

- Problems with coordination
- Behavioral troubles
- Difficulty paying attention
- Learning challenges
- Inability to understand consequences

RISKS OF *Heavy* DRINKING

Heavy drinking is defined as having more than three drinks per occasion, or more than seven per week. Fetal alcohol syndrome (FAS) is the most severe result of heavy drinking during pregnancy. FAS can cause serious birth defects for your baby, such as:

- Problems with brain development
- Lower-than-average height and weight
- Smaller-than-normal head size
- Abnormal facial features

KEEP IN MIND...

- **No drinks are safe.** One beer, one shot of liquor, one mixed drink, and one glass of wine all have roughly the same alcohol content.
- You should not drink while pregnant, while trying to conceive, or while breastfeeding.

DIDN'T KNOW YOU WERE PREGNANT?

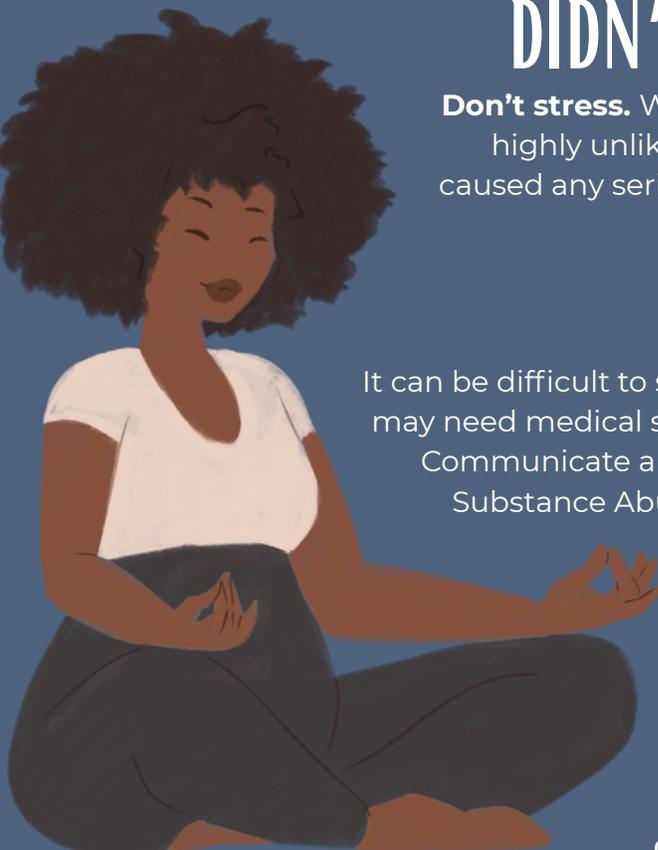
Don't stress. While no amount or type of alcohol is safe during pregnancy, it's highly unlikely that drinking before you knew you were pregnant will have caused any serious harm. It's much more important to stop drinking once you know you're pregnant.

WE ARE HERE TO HELP.

It can be difficult to stop drinking. In some cases, those who are alcohol-dependent may need medical support to quit. There is absolutely **no shame** in asking for help. Communicate any concerns with your OB/GYN, or you can also call the national Substance Abuse and Mental Health Services Administration's treatment line at 1-800-662-HELP, or visit the Alcoholics Anonymous website at www.aa.org for additional resources.

Alcohol-related birth defects are completely preventable.

Do not drink alcohol during pregnancy.



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Information adapted from



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Obstetricians and Gynecologists

