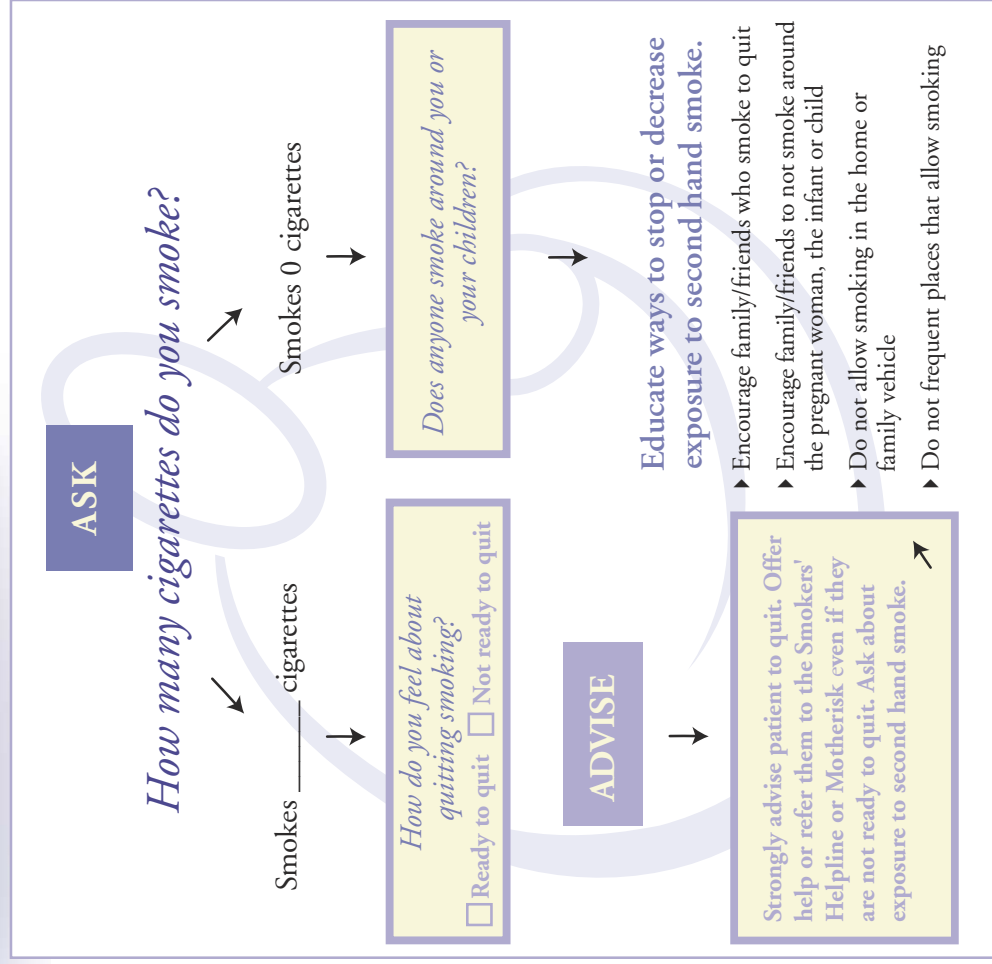


How to screen for smoking in pregnant women



Smokers' Helpline
1-877-513-5333

www.pregnets.org

Motherisk Helpline
1-877-327-4636

Benefits of quitting smoking

Smoking during pregnancy is a major public health problem because it can lead to serious health problems in the offspring. Smoking also harms a woman's health. There are many benefits to quitting smoking at any time during the pregnancy, especially in the first trimester.

Benefits of quitting smoking for the woman

- ▶ Decreased risk of developing cancers, heart disease, stroke, and circulatory problems
- ▶ Decreased risk of respiratory diseases (chronic obstructive pulmonary disease, emphysema, chronic bronchitis, flu, colds, pneumonia)
- ▶ Decreased risk of developing peptic ulcers, tooth loss, gum disease, osteoporosis, thyroid disease and menstrual problems

Benefits of quitting smoking for a pregnancy

- ▶ Decreased risk of spontaneous abortion and perinatal mortality
- ▶ Decreased risk of vaginal bleeding, premature delivery, developing abruptio placenta and placenta previa
- ▶ Decreased risk of having a lower birth weight baby
- ▶ Decreased effect on quality and quantity of breast milk

Benefits of eliminating second hand smoke around infants and children

- ▶ Decreased risk of SIDS
- ▶ Decreased risk of children developing bronchitis and pneumonia
- ▶ Significant decrease in risk of developing asthma & allergies
- ▶ Children may develop fewer middle ear infections
- ▶ Infants may be less cranky or colicky

RISK means that the chance of suffering negative consequences is increased but does not mean it definitely will occur.

Screening for smoking among your female patients takes only a few minutes. Use the algorithm on the reverse for a quick, easy guide to screening your patients.