

Reducing tobacco exposure

About one in eight pregnant women in Western Australia continues to smoke during pregnancy.

This figure is even greater in Aboriginal and socially disadvantaged women, among whom the rate may be as high as 50 per cent.

This can lead to an increase in a range of pregnancy complications, in particular a reduction in birth weight and an increase in preterm birth.

Chemicals within cigarette smoke may be concentrated in the placenta and in the fetus, which is exposed to even greater doses of harmful substances than is the mother.

Abnormalities of fetal growth are clearly associated with changes to long-term health with babies of low birth weight subject to a greater risk of obesity, high blood pressure, diabetes and heart disease as adults.

In addition, children exposed to cigarette smoking in early life are at increased risk of respiratory complications such as asthma, allergies and lower respiratory tract infections.

Also of concern are the greater frequencies of miscarriage, stillbirth and sudden infant death syndrome in the children of smoking parents.

Avoiding cigarette smoking in pregnancy has a wealth of benefits for the fetus and mother.

It promotes the development of a healthy placenta, which sets the foundation for a healthy pregnancy and early life for the developing child and into adulthood, as well as reducing complications of pregnancy for the mother.

For women at risk of preterm birth, smoking is one factor which can be modified in order to reduce that risk.

Healthcare professionals can provide advice and assistance to help women quit smoking either before or during pregnancy.

Other resources include Quitline WA on 13 78 48 and www.quitnow.gov.au.



Dr Suzanne McHarry

Consultant Obstetrician,
Preterm Birth Prevention Clinic,
King Edward Memorial Hospital

Quit for you. Quit for two.

When a baby's on the way, it's twice as important to get the support you need to quit smoking. Phone **Quitline (13 7848)** and ask about **Quit for you Quit for two**. They can help you beat the cravings, with tips like the 4Ds listed here.

- **Delay:** *Delay for a few minutes – the urge will pass*
- **Deep breathe:** *Breathe slowly and deeply*
- **Do something else:** *Ring a friend or practise your prenatal exercises*
- **Drink water:** *Take 'time out' and sip slowly*

When you choose to quit, you lower the risk of:

- **miscarriage**
- **premature labour**
- **ectopic pregnancy**
- **SIDS**

Download the free app

Go to the App Store or Android Market now to download **Quit for you Quit for two** for free, and get your pregnancy off to a healthy start.

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HISTORY
makesmokinghistory.org.au

