

# SMOKING AND PREGNANCY



Smoking is always harmful to your health, but if you smoke while you are pregnant, it is also harmful to your baby's health. Smoking during pregnancy has been linked to many health problems, including<sup>1</sup>:

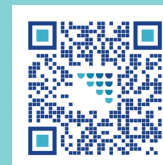
- Low birth weight
- Premature birth
- Certain birth defects
- Pregnancy loss

Smoking is also linked to gum disease. Research shows that a pregnant woman with gum disease has a greater risk of having a baby born too early or too small. Because of hormonal changes during pregnancy, women who are expecting are already at an increased risk of developing gum disease. So if you smoke and are pregnant, your risk for gum disease is even greater.<sup>2,3</sup>

Quitting smoking, even if you are already pregnant, can help you avoid health problems caused by smoking. It can also make a big difference for you and your baby. Talk to your doctor about how you can quit smoking and give your baby a healthy start in life.

Looking for health and wellness resources?

There are places near you that can help! Visit DentaQuest's Community Resource page to view a list of resources in your area. Just use your smartphone camera to scan this code.



Hover over the code and tap on your screen.



<sup>1</sup>"Smoking and pregnancy: Understand the risks." MayoClinic.org. March 19, 2015. <http://www.mayoclinic.org/healthy-lifestyle/pregnancy-week-by-week/indepth/smoking-and-pregnancy/art-20047021>. Accessed 26 July 2017

<sup>2</sup>"Periodontal (Gum) Disease: Causes, Symptoms, and Treatments." The National Institute of Dental and Craniofacial Research. NIH Publication No. 13-1142. September 2013

<sup>3</sup>Heather Jared, BSDH, MS and Kim A. Boggess, MD. "Periodontal Diseases and Adverse Pregnancy Outcomes: A Review of the Evidence and Implications for Clinical Practice." 2008 Journal of Dental Hygiene. [https://www.adha.org/resources-docs/7838\\_Periodontal\\_Diseases\\_and\\_Adverse\\_Pregnancy\\_Outcomes.pdf](https://www.adha.org/resources-docs/7838_Periodontal_Diseases_and_Adverse_Pregnancy_Outcomes.pdf). Accessed 26 July 2017