



## Tobacco Use and Pregnancy

When you are pregnant, everything you do and everything around you affects your unborn child. Using cigarettes and/or smokeless tobacco (iqmik, spit, snus, chew, snuff) and being around people who use tobacco exposes your baby to harmful chemicals that may have a lasting negative impact. Iqmik and other smokeless tobacco products are not a natural or healthy alternative to smoking while pregnant. Choosing to quit tobacco at any time during your pregnancy will improve your baby's health, as well as your own.

### Why It's Important to Quit Tobacco Before or During Pregnancy:

- If you quit smoking you are less likely to have your baby early or have a baby with low birth weight, and you are more likely to deliver a healthy baby.
- Quitting smoking lowers your risk of bleeding too much during delivery.
- Your baby will get more air and have stronger lungs if you quit smoking.
- Not only will your baby be healthier if you quit, but you will have more energy and be able to breathe easier during your pregnancy.
- Quitting smoking can help prevent the risk of sudden infant death syndrome (SIDS) once your baby is born.

### Tobacco Use and Breast-feeding:

- Babies exposed to secondhand smoke, or smoke in the home, are at an increased risk for SIDS, allergies, ear infections, asthma attacks, bronchitis and pneumonia.
- The harmful chemicals found in cigarettes and chewing tobacco can be absorbed through the mother's breast milk, causing a baby to have reduced protection against allergies.
- These chemicals increase the likelihood of a rapid heartbeat, restlessness, vomiting and diarrhea.
- Mothers who use tobacco are likely to have reduced production of breast milk.



**“** Not using tobacco—including cigarettes, chew and iqmik—is one of the single best things a pregnant woman can do to improve the chances her baby will be born healthy and stay healthy! **”**

— Debbie Golden, Perinatal Nurse Consultant, Alaska Division of Public Health, Section of Women's, Children's and Family Health

# Tips to Help You Quit

## Why Should I Quit?

- Quitting smoking at any stage of pregnancy is better than continuing to smoke. It's never too late in pregnancy to help your baby's health by quitting.
- Even though smoking may make you feel relaxed, it increases your heart rate and blood pressure. Being relaxed is good for you and your baby, but smoking doesn't really calm your body.
- The process of quitting will not put any stress on your baby.
- When you quit before or during pregnancy you are not just preventing health problems for your baby, you are giving yourself a healthier future too.

## How Do I Quit?

- Call Alaska's Tobacco Quit Line! The quit line is FREE for all Alaskans. Call 1-800-QUIT-NOW (1-800-784-8669) 24 hours a day, 7 days a week.
- Quit line services include phone coaching sessions and free nicotine replacement therapy.
- Get support from friends and family. Ask Alaska's Tobacco Quit Line to send you the Ally Guide.
- Contact your healthcare provider to find the help you need to quit.
- Keep trying to quit! Most tobacco users make several quit attempts before staying quit for good.

*“ I would like to thank Alaska's Tobacco Quit Line for all its help. It has given me a lot of incentive and encouragement. ”*

— Alaska's Tobacco Quit Line  
Caller

ALASKA'S  
TOBACCO  
**QUIT LINE**  
1-800-QUIT-NOW  
IT'S FREE. IT'S CONFIDENTIAL. AND IT WORKS.

For more information, visit [alaskaquitline.com](http://alaskaquitline.com)

