



Smoking

If you smoke and you have a hard time quitting, try thinking that it would be the best investment for your health and for your future baby's health. Many people, once they've taken the decision, can quit without any external support. If you have already tried, unsuccessfully, ask an anti-smoking center for help.

How to quit smoking

Everybody knows that smoking may cause many problems: cancer, heart attack, brain stroke, hypertension and other diseases. It is nowadays well known and proved that women smoking when they don't know they are pregnant and during pregnancy threatens their pregnancy and their future-baby's health.



Stop smoking is not easy and asking for help is sometimes necessary. Find your nearest anti-smoker center in the site of the *Istituto Superiore di Sanità (Superior Health Institute)*: www.iss.it/fumo/or call toll-free telephone number: 800.55.40.88

Smoking less? What about passive smoke?

Smoking just 1-2 cigarettes a day before you know that you are pregnant or during pregnancy is certainly better than smoking 10-20 or more. Take into account that some harmful consequences of smoking can occur with just a few cigarettes. Birth weight may, for instance, be below the average (although not much, it proves a damage) even when the mother has been smoking just a little.

Passive smoke like, for instance, when you are in the same car or the same room with a smoker, is harmful for the development of your future baby.

What if the future father smokes?

Smoking has been proved to decrease men sex power and cause fertility problems. Besides, from recent studies it is evident that smoking can cause damages to sperm and so increase the risk of certain diseases in the future children.



If you quit smoking you reduce the risk of several problems, among them:

For yourself:

- ✚ Infertility
- ✚ Placenta praevia
- ✚ Ectopic pregnancy
- ✚ Placental abruption

For your future baby – evident problems at birth:

- ✚ Decreased intrauterine growth
- ✚ Preterm birth
- ✚ Some congenital anomalies (e.g. cleft lip)

For the child - evident problems after birth:

- ✚ Sudden infant death
- ✚ Respiratory disorders (e.g. asthma)
- ✚ Obesity