

מידע למטופלת Patient Information

העישון מזיק לך ולעוברך Smoking hurts you and your fetus

Giving up smoking before or during pregnancy is an extremely important step for the sake of your health and that of your fetus. It's never too late to stop!!!

Cigarette smoke contains dozens of dangerous and cancerous substances.

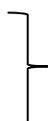
Every time you inhale the smoke into your lungs, you insert toxic substances into your bloodstream and into that of your fetus.

You should already stop smoking when planning a pregnancy.

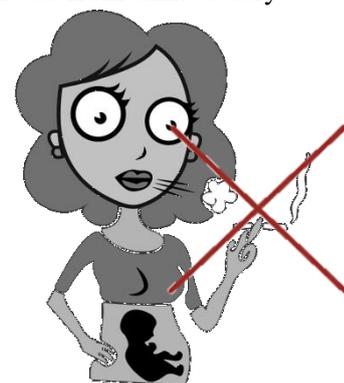
Even if you manage to stop smoking only during pregnancy - you will protect your fetus from unnecessary risks.

Smoking during pregnancy increases the risk of:

- ❖ Miscarriage
- ❖ Ectopic pregnancy
- ❖ Premature birth
- ❖ Placental abruption
- ❖ Early water break
- ❖ Low fetal weight
- ❖ Negative impact on the general level of fetal development and state of health



Causes maternal and fetal complications and more cesarean sections



A clear statistical connection has been found between smoking and:

- ❖ Defects originating from a flaw in the nervous system
- ❖ Cleft lip and palate
- ❖ SIDS

**It is important that no one smokes near you.
Maintain a smoke-free environment!**

Forced (passive - environmental) smoking is harmful to your baby and increases the risk for:

- ❖ Asthma and ear infections
- ❖ SIDS

Smoking during breastfeeding:

- ❖ Smoking while breastfeeding harms your baby's health. Smoking disturbs milk production in the smoking mother.
- ❖ However, even if you do smoke it is better to breastfeed: the breastfeeding itself contributes to your health and to that of your baby's.
- ❖ It has been proven that breastfeeding reduces the risk of breast cancer to the breastfeeding mother.

More important facts:

- ❖ Like cigarette smoke, nargila (hookah) smoke contains toxins and cancerous substances and therefore it is recommended not to smoke nargila at all!
- ❖ Electronic cigarettes and similar vaping devices contain nicotine and additional substances that have not been sufficiently studied for use during pregnancy and therefore their use is not recommended.
- ❖ It is important to remember that the toxic substances in cigarettes cling to skin and hair, clothing, furniture, textiles (upholstery, carpets, bedding, curtains) and even to the walls of a home, and remain there for a long time after the cigarette has been extinguished.

Quitting smoking during pregnancy:

The decision to stop smoking is not easy, but with willpower and determination, it is possible. More and more women decide to stop smoking from the moment they choose to be mothers. You can stop smoking independently!!!

There are some women who seek professional help in cessation programs - the method with the highest success rates. You can get information on these through the community health services (HMO), in your area of residence.

For the Israel Cancer Association's "[Guide to independent smoking cessation](#)", you can call the Israel Cancer Association's Telemeida® information hotline: 1-800-599-995 or visit the Association's website at <http://en.cancer.org.il>.