



THE FACTS

Smoking during pregnancy increases birth defects and creates long-term health effects for mothers.



Nicotine can be a danger to pregnant women and the developing baby's health. It can also damage the developing baby's brain and lungs.



Smoking is a leading cause of Sudden Infant Death Syndrome (SIDS).

HELP YOUR PATIENTS QUIT FOR GOOD

The time around pregnancy is a period of more visits with health care providers and provides opportunities for cessation-related conversation.

The best time to quit smoking is before pregnancy, but it's never too late to quit to help improve your patient and their baby's health.

Tobacco Free Florida encourages health care providers to:

- ◆ **ASK** patients about their smoking.
- ◆ **ADVISE** patients to quit.
- ◆ **REFER** patients to evidence-based cessation services.

Quitting is possible with Tobacco Free Florida.

For more information, visit www.TobaccoFreeFlorida.com/QuitYourWay.

Let's team up to help your patients quit.