

▲▲ Secondhand smoke is toxic

smoking in pregnancy
challenge group ●

Secondhand smoke contains more than **7,000 chemicals**, many of these are toxic or cause cancer. People breathe in these chemicals when someone around them smokes



Toxic metals

- Arsenic
- Cadmium
- Chromium
- Lead

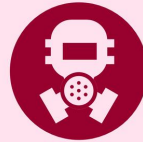
Can cause cancer
Can cause death
Can damage the brain and kidneys



Cancer causing chemicals

- Benzene
- Formaldehyde
- Polonium - 210
- Vinyl chloride

All are extremely toxic



Poison gases

- Ammonia
- Butane
- Carbon monoxide
- Hydrogen cyanide
- Toluene

Can cause death
Can affect heart & respiratory functions
Can burn your throat, lungs and eyes
Can cause unconsciousness

Why smoking matters

- Smoking is especially harmful in pregnancy. Secondhand smoking – breathing in other people's cigarette smoke – can cause problems such as **miscarriage, premature birth and birth defects** so it's really important that pregnant women are not exposed to tobacco smoke.

What support is available

- **There is lots of support available to help you quit smoking.** Your midwife or healthcare professional should refer you to a stop smoking service where you can get free support to quit. Healthcare workers can also refer other smokers in your household for support to quit to **protect you and your baby** from secondhand smoke.

Smokefree homes

- If you're not able or ready to quit smoking, you should work to **keep your home smokefree** and can use nicotine replacement therapy or an e-cigarette to help you deal with cravings.
- If you have to smoke, you should take **at least 7 steps outside** to prevent smoke drifting indoors.

For support to quit smoking call:

or search **[nhs.uk/smokefree](https://www.nhs.uk/smokefree)** for information and advice on quitting