Smoking during pregnancy has been linked to:

**Poor health for the mother**
- Miscarriage
- Bleeding and detachment of the placenta (afterbirth)
- Nausea

**Poor health for the baby**
- Slow growth of the baby, due to lack of oxygen
- Premature birth
- Trebling of the risk of cot death
- Low birth weight
- Breathing problems and wheezing in the first six months of life
- Babies more likely to develop asthma, bronchitis, meningitis and glue ear

**It's never too late to stop**
Stopping smoking gives you more energy, you will feel less stressed and will have a more contented baby.

If you would like help and advice to stop smoking, please contact our Specialist Pregnancy Stop Smoking Service. Gum, lozenges etc available, if appropriate.

If you are registered with a GP in Gateshead, South Tyneside or Sunderland telephone 0191 283 2240 or 0191 283 1145