

TOBACCO EFFECTS ON PREGNANCY

Smoking during pregnancy is proven to be harmful, as the fetus is exposed to toxic substances that affect its development and growth.

Cigarettes contain toxic components such as:

- Ammonia
- Acetone
- Hydrogen cyanide
- Carbon monoxide
- Methanol
- Arsenic
- Urethane
- Other 7,000 toxic substances affecting both the fetus and the mother



You are responsible for the life you are carrying

When you are pregnant, everything is shared with the fetus. What you consume and breathe also reach the fetus.

Smoking during pregnancy affects your blood supply. The fetus receives less oxygen, increasing its heartbeat and altering the growth of its lungs. In addition, smoking decreases the amount of nutrients the fetus receives.

To quit smoking is the best decision that a pregnant woman, like you, can make. That's how you take care of yourself and your baby. Continuing to smoke during pregnancy increases your child's risk of obesity, type 2 diabetes, cavities, lung cancer, and addictions in adolescence. **Remember, you share your air.**

10 Reasons not to smoke during pregnancy

- 1 Less risk of abortion or premature birth
- 2 Protecting the baby from toxic substances that affect growth
- 3 Less chance of underweight birth
- 4 Increased production of non-toxic breast milk
- 5 Less risk of malformations such as cleft palate or heart malformations.
- 6 Preventing sudden infant death
- 7 Lower risk of breathing problems in the infant
- 8 Lower risk of behavioral and learning disorders
- 9 Less likely to be a smoker as an adult
- 10 Decreasing the risk of mother's death from a heart attack or cancer

How to quit smoking?

1 Make the decision.

Identify and recognize what your dependency consists of.

2 Set a date and set a plan to leave the habit.

Choose your day to Quit Smoking within the next month. This will allow you to prepare for the important step. You can choose a meaningful date (anniversary, birthday, etc.) Mark it on your calendar as a commitment.

3 Get support

- Once you have chosen the date, communicate it to friends and family.
- Identify support groups or counseling.
- Talk to your doctor.
- Get ready for Quitting Day.
- Get rid of cigarettes.
- Practice saying: I don't smoke.
- Have substitutes available.

4 Handle withdrawal symptoms.

- Take a deep breath.
- Stay busy.
- Avoid people who smoke or smoking places.
- If you use medicines, take them as directed by your doctor.

5 Stay smoking-free (Maintenance)

- Be persistent with your decision.
- Remember the benefits of quitting the habit.
- Attend support meetings.



Tools that help to quit smoking

1 Products with nicotine:

- Patches
- Nasal Spray
- Chewing gum

- 2 Medications** that help control the desire to smoke and withdrawal symptoms. They must be prescribed by a doctor and part of a structured program.

FOR MORE INFORMATION, talk with your doctor or call us at the **Beneficiary Services Center** at:

1-844-336-3331 | **787-999-4411**
(toll free) | TTY (hearing impaired)

MONDAY THROUGH FRIDAY FROM: 7:00 A.M. TO 7:00 P.M.

You can also call us 24 hours, 7 days a week to the medical consulting line:

Haciendo Contacto 1-844-337-3332 (toll free)

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