

Healthtrainers provide personal support and motivation for mums to be across the East Riding and their partners and families to quit smoking and live a healthier lifestyle.

Smoking during pregnancy isn't only harmful to you it is harmful to your baby. We can appreciate pregnancy can be a worrying time in your life and stopping smoking might feel like a daunting process but our Healthtrainers are here to support you successfully quit to ensure the best outcomes for you and your baby.

Our sessions are run on a confidential 1-1 basis where you can attend on your own or with your partner or family member who you might want there to support you or they might want to quit themselves. Either way we are here to support you, talk you through your worries and get you on your way to being smokefree not only during but continuing onwards once your baby has been born.

Healthtrainers are friendly, non-judgemental, understanding and supportive. We will help and encourage you to achieve a successful quit and maintain the quit for good.

Your Healthtrainer can help you stop smoking but also help with the following:

- 🍏 Healthy eating
- 🍏 Losing Weight
- 🍏 Increasing Physical Activity
- 🍏 Cutting down on alcohol
- 🍏 Sexual health
- 🍏 Reducing stress and anxiety
- 🍏 Isolation and loneliness
- 🍏 Drug misuse

And maintaining your stop smoking/tobacco status.

Where can I find a healthtrainer?



Get in touch with the healthtrainers

- 📞 0800 9177752
- 📱 Quit to 60163
- ✉️ HNF-TR.healthtrainers@nhs.net
- 🐦 @healthtrainers1

www.nhs-health-trainers.co.uk

The service is FREE and confidential.
You can contact **healthtrainers**,
Monday to Friday, 8am – 8pm and
Saturdays 9am – 3pm

If your preferred language is not English, or for those who are blind or partially sighted, we can make arrangements to help you with this document.



healthtrainers
here to help you
Stop Smoking
in pregnancy and beyond

Congratulations on the news that you are soon to welcome your bundle of joy or recently welcomed your new baby into the world. I'm sure you are excited if not a little anxious about what will be happening over the coming weeks and months especially if this is your first baby.

We at the NHS Healthtrainers and Stop Smoking service want you to know that we will be here every step of the way to support you in your journey to becoming smokefree. We are not here to judge so please don't feel you will be we only want to ensure you are given the best information possible to ensure you can make a safe and informed decision on what is best for you and your baby.

It's Never too late to quit!

If you're 2 weeks or 35 weeks pregnant we're here for you as you and baby can still benefit from being smoke free

- 🍏 24-48 hours after stopping smoking Carbon Monoxide will have left your system
- 🍏 Yours and babies oxygen levels will start to increase
- 🍏 Your baby will quickly start receiving more of the nutrients they require for their growth and development
- 🍏 Your blood pressure will come down
- 🍏 You will find it easier to breath
- 🍏 You will feel more energised
- 🍏 Your baby will have had some time without nicotine in their system during gestation
- 🍏 Yours and babies risks of serious health problems during and after pregnancy will significantly decrease

What are the health risks to me and my baby?

You might be well aware of the risks associated with smoking during pregnancy or you might only know of one or two risks. Smoking in pregnancy is the biggest modifiable risk to both mother and baby meaning although the risks can be high you also have the power to change this. Smoking during and after pregnancy has shown to increase the risk of infant mortality by an estimated 40% (Department of Health, 2007).

According to NICE Guidance:

'Children exposed to tobacco smoke in the womb are more likely to experience wheezy illnesses in childhood. In addition, infants of parents who smoke are more likely to suffer from serious respiratory infections (such as bronchitis and pneumonia), symptoms of asthma and problems of the ear, nose and throat (including glue ear). Exposure to smoke in the womb is also associated with psychological problems in childhood such as attention and hyperactivity problems and disruptive and negative behaviour (Button et al. 2007). In addition, it has been suggested that smoking during pregnancy may have a detrimental effect on the child's educational performance (Batstra et al. 2003).'

Smoking in pregnancy can increase your risk to many things including:

- 🍏 Stillbirth
- 🍏 The risk of a baby dying from Sudden Infant Death Syndrome is twice as likely
- 🍏 Ectopic pregnancy
- 🍏 Premature detachment of the placenta, increasing the risk of significant post-partum haemorrhage
- 🍏 Premature rupture of the membranes potentially resulting in premature labour

- 🍏 Increased risk of complications if pre-eclampsia were to occur
- 🍏 Increased risk of Deep Vein Thrombosis
- 🍏 Higher risk of lung infections taking longer to recover from due to decreased lung function from the growing uterus combined with smoking
- 🍏 Babies growth could be slow or stop resulting in a low birth weight
- 🍏 Nicotine withdrawal at time of delivery
- 🍏 Behavioural problems may develop including attention and hyperactivity problems
- 🍏 Learning difficulties
- 🍏 Respiratory problems including asthma
- 🍏 Sudden Infant Death Syndrome
- 🍏 Poor health outcomes

Although this might sound scary, we want to ensure you are fully aware of the risks associated with smoking during your pregnancy to guarantee you can have the safest, low risk pregnancy possible. If you are worried you can't do it alone, talk to your midwife, partner, family and of course ourselves and we will ensure you have the support behind you to get you smokefree . We also want to ensure partners, grandparents and any other significant people in your life that might spend a lot of time around you that smoke are also offered the opportunity to access the service.

Secondhand smoke can also be harmful to the baby during and after pregnancy so if others around you can quit it not only helps you to quit successfully but ensures the baby will be exposed to as little secondhand smoke as possible.

