Effects of Smoking

Anyone who smokes is at greater risk of:

- Heart disease, stroke, circulatory problems
- Cancers
  - Mouth
  - Lung
  - Throat
  - Kidney
  - Bladder
  - Cervix
  - Breast
  - etc.
- Lung illnesses
  - Emphysema
  - chronic obstructive pulmonary disease (COPD)
  - Bronchitis
  - Flu
  - Colds
  - pneumonia
- Other health problems
  - stomach ulcers
  - tooth loss
  - gum disease
  - osteoporosis
  - thyroid problems
  - menstrual problems

Effects of Smoking in Pregnancy

There is an increased risk in:

- Miscarriage and stillbirth
- Bleeding
- Premature delivery
- Placenta previa and abruptio placenta
- Low birth weight baby
- Sudden Infant Death Syndrome
- Behavioural and mental health problems
  - ADHD
  - Autism
  - Depression

Effects of Smoking after Pregnancy

Smoking while breastfeeding reduces quantity and quality of breast milk and may cause colic.