

Cigarettes

Smoking and Pregnancy

- Smoking is one of the biggest risk factors for cancer.
- Smoking increases your risk for heart disease, stroke, and COPD (Chronic Obstructive Lung Disease)
- Smoking may also increase your risk of complications with pregnancy.

Learn More

Health Effects of Smoking

https://www.cdc.gov/tobacco/basic_information/health_effects/index.htm



E-cigs/Vapes

Vaping and Pregnancy

- E-Cigs or vapes may be considered less harmful than cigarettes, but they are still risky for your health.
- Nicotine in vapes can be very very addictive
- There may still be nicotine in vapes that are "juice only" as well as other harmful substances

Learn More

Information About E-cigs and Vaping

https://www.cdc.gov/tobacco/basic_information/e-cigarettes/index.htm

For help quitting:

<https://www.becomeanex.org/>

Marijuana

Cannabis During Pregnancy

- Using marijuana during pregnancy may effect development of the pregnancy and put you at risk for complications.
- Marijuana can be risky no matter how you use it: smoke, vape, dab, eat, drink or topical use.
- The possible effects of CBD in pregnancy are unknown

Learn More

Substance Use During Pregnancy

[bit.ly/ACOG_marijuana_pregnancy](https://www.acog.org/clinical/clinical-guidance/patient-education/2018/07/substance-use-during-pregnancy)

FAQ's on Marijuana and Pregnancy

[bit.ly/ACOG_marijuana_pregnancy](https://www.acog.org/clinical/clinical-guidance/patient-education/2018/07/substance-use-during-pregnancy)