

**I want a baby
I'm stopping smoking**



**Healthy mother and baby
Smoke-free pregnancy**

THE BENEFITS OF STOPPING

For the pregnant woman



Health and well-being
Breathing, especially during the 3rd trimester
Better skin and complexion
Money for herself and her baby
Fertility (for women who want to have a child)



Stress
Ectopic pregnancy
Miscarriage
Premature birth
Incorrect position of the placenta
Premature separation of the placenta
Coughing
Fatigue
Risk of thromboembolism

For the foetus



Intrauterine well-being



Intrauterine growth restriction
Malformations

For the baby



Health and well-being
Breast milk



Child obesity
Sudden infant death syndrome
Neonatal death
Respiratory conditions (bronchitis, asthma)
Ear, nose and throat conditions (sinusitis, earache)

FOR THE PEOPLE AROUND YOU

You don't have to smoke to suffer the consequences.

Passive smoking already has harmful effects for your and your baby's health.

It's better if your friends and family don't smoke around you or in your living environment to limit your and your baby's exposure to smoke.

TO HELP YOU STOP SMOKING

- Dedicated brochures on stopping smoking are available free of charge from CIPRET-Valais.
- An app to help you stop smoking can be downloaded from the Stop-tabac website (<https://www.stop-tabac.ch/fr/application-stop-tabac>).
- Your doctor, gynaecologist or midwife can provide information and encouragement to help you stop.
- Nicotine addiction consultations are provided by specialist doctors.
- The cost of these is reimbursed by your basic health insurance. A stop-smoking consultation is available through the Ligue pulmonaire valaisanne.
- All aids to help you stop smoking are listed at www.promotionsantevalais.ch/aides-arret-tabac.

FOR MORE INFORMATION

www.promotionsantevalais.ch/grossesse-sans-tabac



Promotion santé Valais
Gesundheitsförderung Wallis

ADDICTIONS – CIPRET
SUCHT – CIPRET

