

# SMOKING AND PREGNANCY



Smoking is always harmful to your health, but if you smoke while you are pregnant, it is also harmful to your baby's health. Smoking during pregnancy has been linked to many health problems, including<sup>1</sup>:

- Low birth weight
- Premature birth
- Certain birth defects
- Pregnancy loss

Smoking is also linked to gum disease. Research shows that a pregnant woman with gum disease has a greater risk of having a baby born too early or too small. Because of hormonal changes during pregnancy, women who are expecting are already at an increased risk of developing gum disease. So if you smoke and are pregnant, your risk for gum disease is even greater.<sup>2,3</sup>

Quitting smoking, even if you are already pregnant, can help you avoid health problems caused by smoking. It can also make a big difference for you and your baby. Talk to your doctor about how you can quit smoking and give your baby a healthy start in life.

**DentaQuest administers dental care benefits to children and adults enrolled in Healthy Connections. If you need help finding a dental provider or have questions about your dental benefits, visit [www.DentaQuest.com](http://www.DentaQuest.com) or call 1-888-307-6552, TTY 711.**

<sup>1</sup>"Smoking and pregnancy: Understand the risks." MayoClinic.org. March 19, 2015. <http://www.mayoclinic.org/healthy-lifestyle/pregnancy-week-by-week/indepth/smoking-and-pregnancy/art-20047021>. Accessed 26 July 2017

<sup>2</sup>"Periodontal (Gum) Disease: Causes, Symptoms, and Treatments." The National Institute of Dental and Craniofacial Research. NIH Publication No. 13-1142. September 2013

<sup>3</sup>Heather Jared, BSDH, MS and Kim A. Boggess, MD, "Periodontal Diseases and Adverse Pregnancy Outcomes: A Review of the Evidence and Implications for Clinical Practice." 2008 Journal of Dental Hygiene. [https://www.adha.org/resources-docs/7838\\_Periodontal\\_Diseases\\_and\\_Adverse\\_Pregnancy\\_Outcomes.pdf](https://www.adha.org/resources-docs/7838_Periodontal_Diseases_and_Adverse_Pregnancy_Outcomes.pdf). Accessed 26 July 2017

# FUMAR Y EL EMBARAZO



Fumar siempre es perjudicial para su salud, pero si fuma mientras está embarazada, también es perjudicial para la salud de su bebé. Fumar durante el embarazo se ha relacionado con muchos problemas de salud, incluyendo<sup>1</sup>:

- Bajo peso al nacer
- Nacimiento prematuro
- Ciertos defectos de nacimiento
- Pérdida del embarazo

Fumar también está relacionado con la enfermedad de encías. La investigación muestra que una mujer embarazada con enfermedad de encías tiene un mayor riesgo de tener un bebé nacido demasiado pronto o demasiado pequeño. Debido a los cambios hormonales durante el embarazo, las mujeres que esperan ya están en un mayor riesgo de desarrollar enfermedad de las encías. Así que si usted fuma y está embarazada, su riesgo de enfermedad de las encías es aún mayor.<sup>2,3</sup>

Dejar de fumar, incluso si ya está embarazada, puede ayudarle a evitar problemas de salud causados por fumar. También puede hacer una gran diferencia para usted y su bebé. Hable con su médico acerca de cómo puede dejar de fumar y darle a su bebé un comienzo saludable en la vida.

**DentaQuest administra los beneficios de atención dental para niños y adultos afiliados a Healthy Connections. Si necesita ayuda para buscar un proveedor dental o tiene preguntas sobre sus beneficios dentales, visite [www.DentaQuest.com](http://www.DentaQuest.com) o llame al 1-888-307-6552, TTY 711.**

<sup>1</sup>"Fumar y el embarazo: Comprender los riesgos." MayoClinic.org. 19 de marzo de 2015. <http://www.mayoclinic.org/healthy-lifestyle/pregnancy-week-by-week/in-depth/smoking-and-pregnancy/art-20047021>. Consultado el 26 Julio de 2017

<sup>2</sup>"Periodontal (Gum) Disease: Causes, Symptoms, and Treatments." The National Institute of Dental and Craniofacial Research. NIH Publication No. 13-1142. September 2013

<sup>3</sup>Heather Jared, BSDH, MS and Kim A. Boggess, MD, "Periodontal Diseases and Adverse Pregnancy Outcomes: A Review of the Evidence and Implications for Clinical Practice." 2008 Journal of Dental Hygiene. [https://www.adha.org/resources-docs/7838\\_Periodontal\\_Diseases\\_and\\_Adverse\\_Pregnancy\\_Outcomes.pdf](https://www.adha.org/resources-docs/7838_Periodontal_Diseases_and_Adverse_Pregnancy_Outcomes.pdf). Accessed 26 July 2017