health net

Smoking And Pregnancy

Smoking is harmful to your health. If you smoke while you are pregnant, it is also bad for your baby's health. It may cause health problems, like:

✔ Low birth weight

✔ Certain birth defects

✔ Premature birth

✔ Pregnancy loss

Smoking may also cause gum disease. Research shows that a pregnant woman with gum disease has a greater risk of a baby born too early or small. Because of hormonal changes during pregnancy, you could already have an increased risk of gum disease.

If you are pregnant and quit smoking, it can help you avoid or reduce health problems. 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.

ⓘ If you need help to find a dental provider or have questions about your benefits, visit **www.hndental.com.** Or, call:

- **Los Angeles County** members: **1-844-233-4522**
- **Sacramento County** members**: 1-833-493-0428**

Hours: 8:00 am to 5:00 pm PT

TDD/TTY users should dial 1-800-466-7566.

Source and website:
5th Edition Handbook of Pediatric Dentistry. American Academy of Pediatric Dentistry (AAPD), www.aapd.org.

This information is not meant to replace medical or dental care. Please always follow your healthcare provider's instructions.

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