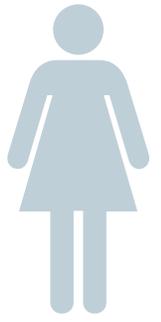


REPRODUCTIVE HEALTH & TOBACCO USE



How does smoking affect my reproductive health?

If you smoke, you may experience:

- A higher risk of cervical cancer, breast cancer, and ovarian cancer
- Fertility problems
- Early menopause

If I'm trying to get pregnant or am already pregnant, how does my smoking affect me and my unborn baby?

If you are trying to get pregnant and you smoke, you may experience problems getting pregnant or early menopause. Even if you don't smoke, but someone in your house does, their secondhand smoke can harm you.

If you are already pregnant and you smoke, you may experience:

- An ectopic pregnancy
- Miscarriage and stillbirth
- A baby born prematurely
- A low birth weight baby
- A baby born with a cleft lip or palate
- A baby at higher risk for sudden infant death syndrome (SIDS)

How will my reproductive health benefit if I quit using tobacco?

When you quit smoking, you decrease your chance of getting cervical cancer, breast cancer, and ovarian cancer.

If you're trying to get pregnant or are already pregnant and quit smoking, you increase your chance of getting pregnant and having a healthy baby.

See the patient information sheet Fertility, Pregnancy & Tobacco Use for additional pregnancy and baby health benefits related to quitting.

I want to quit using tobacco—how do I get started?

- Call VA's tobacco quitline at **1-855-QUIT-VET** (1-855-784-8838) Monday–Friday, available in English & Spanish
- Sign up for VA's SmokefreeVET text messaging program—text the word **VET** to **47848** (or **VETesp** to **47848** for Spanish) or visit smokefree.gov/VET
- Talk to your VA health care provider about tobacco cessation medications and counseling that can help you quit
- Visit publichealth.va.gov/smoking
- Sign up for SmokefreeMOM, a mobile text messaging program for pregnant women who smoke at women.smokefree.gov/smokefreemom



U.S. Department of Veterans Affairs
Veterans Health Administration
Office of Public Health

