

MS01 VT05 Avoiding Smoke

[Music]

When you're trying to get pregnant, we want you to avoid any kind of toxin in the environment, and that would definitely include cigarette smoke.

Being exposed to cigarette smoke can reduce your fertility, make it harder for you to get pregnant.

It can cause pre-term labor, growth problems, placental problems.

Whether you're a smoker yourself or whether you're around other people that smoke, you really want to stop smoking yourself and avoid any secondhand smoke. Being exposed to cigarette smoke can make your pregnancy higher risk.

[End recording]