

## SMOKING WHILE PREGNANT

It's important to know that when the mother smokes so does the baby. Statistics imply that the more the mother smokes the lower the weight of her baby will be due to the fact that the nicotine causes the amount of oxygen delivery needed for growth to be hindered. According to statistics the babies can regain their weight again but will still be more likely shorter in height as well as slightly slower at interacting and reading than children of non-smoking mothers.

Researchers suggest that during pregnancy 75% of all women who never managed previously to stop smoking before actually manage to give up smoking during their pregnancy. Sadly the majority of them decide to resume their smoking habit after their baby is born. Although this is unfortunate it does indicate to all the importance of not smoking during pregnancy. Which indicates the reason they give up smoking during pregnancy is solely for the benefit of their unborn.

Making yourself aware of the risks of smoking is a big step towards cessation, but your personal motivation is what can make quitting smoking a real success. Studies show that if a heavy smoking mother succeeds in giving up the habit by her 4<sup>th</sup> month of pregnancy all the risks will be greatly reduced. Here are a few advices to follow to get you started on quitting smoking: Here are a few suggestions that will aid in the road to kicking the habit:

- Avoid smoking areas** and smokers. If you have a partner who smokes at home kindly ask them to smoke outside of your home. Be aware that you are much less likely to ever overcome smoking whilst there is someone smoking in your home.
- Try to avoid any **stimulants** for a while. For example: If you are used to having Coffee, Tea or an Alcoholic Beverage with your cigarette you may want to avoid them for a few days as they are very likely to stimulate you and make quitting harder. This also goes for remaining cigarette packs and lighters at home.
- Exercise**.
- Quitting** is easier if you keep yourself busy, plan activities.
- Munch**. Food is great substitute for Nicotine during the first few days. You may want to give your diet a few days off and enjoy munching on whatever it is your body asks for.

If you feel you may need additional help and guidance during your pregnancy on how to overcome the habit visit a stop-smoking center nearby or enroll yourself in a stop smoking program.

## TABAC Stop Center

8 Taha Hussein Center

Zamalek, Cairo-Egypt

For appointments contact: 012-310-2130

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TABAC Stop Center is a registered company in the city of Geneva, Switzerland whose aim is to protect your health and the health of those close to you by helping you to give up smoking in just one hour using LLLT (Low Level Laser Therapy), Chinese Medicine. Within just one hour (2 sessions) and with a year's free follow-up, the TABAC Stop Center method enables you to give up tobacco consumption without stress and without weight gain, thereby allowing you to give your body and your health that feeling of well-being that you deserve. Tabac Stop Center also offers a LLLT weight loss program for ex-smokers as well as non-smokers in which your appetite will be naturally suppressed. Tabac Stop Center is rapidly spreading around the world and has made thousands of people give up their tobacco consumption. This method has no dangerous side effects and can be practiced on teenagers as well as pregnant women, elder people, someone who suffers from coronary illness and most people on medication.

### About LLLT:

Combining the low-level laser bio-stimulation effects, a well-known photo-biological phenomenon, and acupuncture points, the procedure has been proven to be both effective and practical. The procedure is non-invasive, produces no pain, and no heat, and it is environmentally clean, and best suitable in pediatric, geriatric care and needle-phobic adults.

Success Rates: During the most recent studies as per the Stop Smoking Victory package our Success rates within Egypt range from 60-70% within the first year of follow-up.

### Available Packages:

#### Stop Smoking Victory Package:

Includes 2 sessions and 1 year follow up to compensate in case of any relapses during that initial period.

\* This program is designed to assist smokers to quit or non-smokers to overcome any kind of nicotine addiction, however, its success also depends on the will of the person.

#### Weight Loss Package:

4 sessions over a limited period of time.

\* A two weeks gap has to be observed between the initial 4 sessions and any additional sessions a person may wish to add.

\*\* This treatment does not require much additional effort (no food diets required).

#### Premium Package:

4 sessions including both treatments combined allowing the smoker to immediately suppress his appetite. Side effects may include: Heavy sleep due to the prolonged treatment time periods.