

Maternity Tobacco Dependence Service

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The **STAAR** Team (**S**top Smoking **T**eam, **A**dvice, **A**ction & **R**efer)

“We are trained Smoking Cessation Practitioners that are passionate about helping our patients to quit smoking tobacco, to give Mothers, babies and families the best outcomes in pregnancy and a smoke free future for all”

The STAAR Team

Pregnant with raised Carbon Monoxide (CO) levels?

We can help.

Carbon Monoxide

Carbon Monoxide is a poisonous gas that is colourless, odourless and tasteless.

Carbon Monoxide in the air rapidly enters the body when you breathe.

When you are exposed to Carbon Monoxide in pregnancy it replaces some of the oxygen in your blood, which is then carried to your baby.

Oxygen = Life

Factors contributing to raised Carbon monoxide levels

- Smoking
- Second hand smoke
- Faulty boiler/log burner
- Exposure to vehicle exhaust fumes

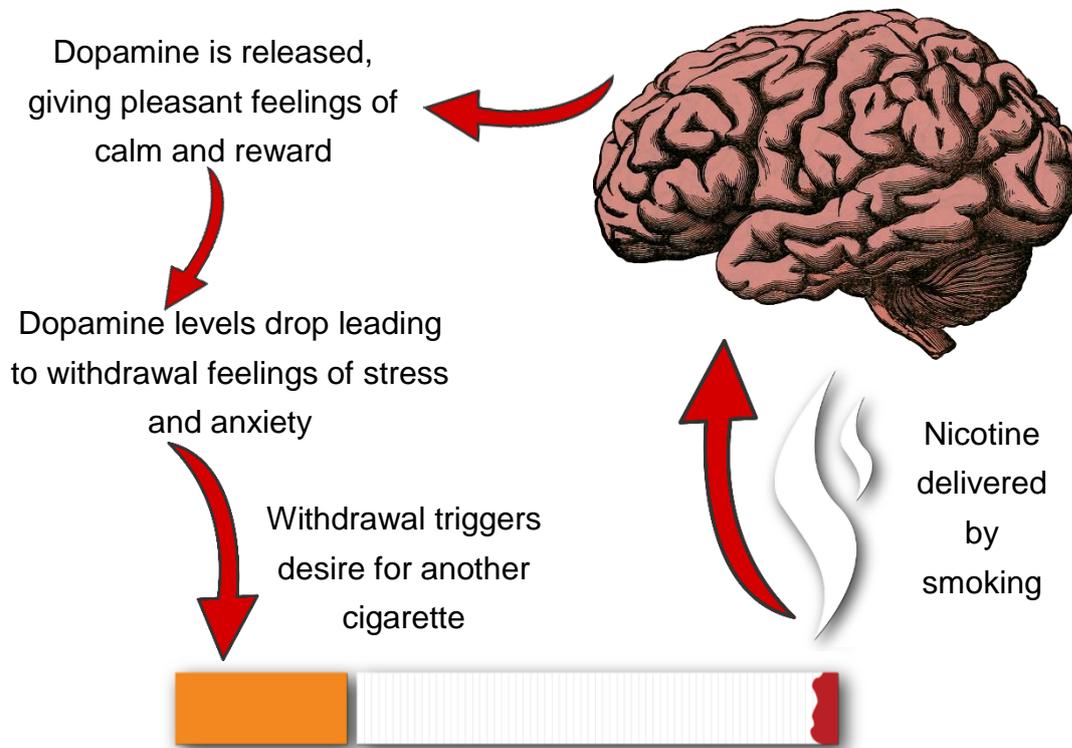
Risks of smoking in Pregnancy

- Early Births
- Smaller Sick Babies
- Stillbirth
- Congenital Heart Problems (babies born with heart conditions)
- Asthma
- Attention deficit hyperactivity disorder (ADHD) in childhood
- Placental Abruption (The placenta separates from the wall of the uterus causing heavy bleeding before birth, depriving the baby of essential oxygen and nutrients)

Did you know?

Smoking Tobacco is an addiction not a lifestyle choice.

“Let’s break the cycle”



How we can help you?

- We meet with you **face to face** and discuss your quit attempt.
- We can give you the nicotine you crave by offering you **Free NRT** (nicotine replacement therapy).
- You are four times more likely to quit with **Nicotine replacement** and **Behavioural Support**

What our patients say

“I feel healthier”

“Even my partner has cut down”

“I am less stressed not having to smoke anymore”

“I can climb the stairs now and not get out of breath”

“I have more money to spend on my child”

“I didn't realise how much it smells, until I had quit”

Take the first step towards a smoke free future for you and your baby. Contact us:

Ask your midwife for a referral to our team.

Email: STAAR@ulh.nhs.uk

Find us at your next clinic appointment.



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