



From the desk of Dr Harry

Smoking and Pregnancy

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Are you a smoker and at the early stage of your pregnancy?

We are all aware that smoking is bad for your health. Pregnant mothers who smoke risk a premature delivery of their baby, with all its associated newborn complications.

However, research just published suggests that early quitting in the first trimester will 'normalize' the risk of preterm labour to that of non-smokers. Click [here](#) for more.

You can also access an excellent booklet "Butt Out For Baby" [here](#).

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