

## HOW MUCH DO YOU SMOKE ?

Reading at Booking	Health Risk	COppm	Foetal CO %FCOHB
	<p>This level is uncommon &amp; shows a degree of CO poisoning.</p> <p>Above this level serious carbon monoxide poisoning and permanent damage may occur.</p> <p>The immune system can be adversely impaired. Premature death or serious diseases may occur as a result of smoking.</p>	20+	5.66
<b>5</b>	<p><b>HEALTH RISK ZONE</b></p> <p>These readings indicate that red blood cells are carrying a lot less oxygen than the body needs.</p> <p>Your baby will go without the full amount of oxygen it needs for health and growth for approximately 20 minutes <b>EVERY TIME</b> you smoke just one cigarette.</p>	19 18 17 16	5.38 5.09 4.81 4.53
<b>4</b>	<p>Oxygen deprivation will increase baby's heart rate by 15 - 20% for half an hour when a cigarette is smoked, putting baby's heart under unnecessary stress.</p> <p>Possible health complications include:</p> <ul style="list-style-type: none"> <li>• <b>Miscarriage</b></li> <li>• <b>Low birth weight</b></li> <li>• <b>Retarded growth</b></li> <li>• <b>Bleeding in pregnancy</b></li> <li>• <b>PPROM</b> (Pre-term premature rupture of the membranes)</li> <li>• <b>Premature birth</b> (24 - 37 weeks)</li> <li>• <b>Still birth</b></li> </ul>	15 14 13 12 11	4.25 3.96 3.68 3.40 3.11
<b>3</b>	<ul style="list-style-type: none"> <li>• <b>SIDS</b> - Sudden Infant Death Syndrome</li> <li>• <b>Cleft lip &amp; palate, club foot, gastroschisis, anal atresia</b></li> <li>• <b>ADHD</b> - Attention Deficit Hyperactivity Disorder</li> <li>• <b>Childhood obesity</b></li> <li>• <b>Asthma, wheezing, wheezy bronchitis, glue ear</b></li> </ul>	10 09 08 07	2.83 2.55 2.26 1.98
<b>2</b>	<p>These levels of CO indicate that a serious addiction to nicotine could already have occurred.</p>	06 05 04	1.70 1.42 1.13
<b>1</b> Non-Smoker	<p>You are giving your baby the best start in life.</p> <p>In this zone you have more chance of achieving a normal and natural delivery with less risk of complications both before, during and after birth.</p>	03 02 01	0.85 0.57 0.28