

You Will Not Regret Quitting Smoking For Your Loved Ones

The sooner you quit smoking, the better for your health

- Regardless of women smoke on their own or getting second-hand smoke, it will affect the pregnancy rate and the health of infants. At anytime, quit smoking before, during and after pregnancy is beneficial and helpful, the sooner the better.

Smoke-free Supportive Environment

- For the health benefits of both mother and baby, not only women who plan to conceive should not smoke, but women who are already mothers should stop smoking immediately. At the same time, we appeal to the father in the family, family members, who lives under the same roof make sure the health of the next generation and give children and their mother a freshing air environment without smoke.

More importantly, physiological and psychological status fluctuate during and after pregnancy, women need extra attention during smoking cessation. Patience, support and understanding could be provided for mothers to get enough rest and steadily continue the smoking cessation progress.

Mothers Say No To Tobacco. Smoking Cessation Hotline Backs You Up

Based upon the special physiological needs of pregnant women and nursing mothers and the consideration of the effects of anti-smoking medicines on the new-born babies, experts advise to discuss with obstetrician or dial toll-free hotline 0800-636363 for further assistance. The professionally-trained personnel will map out an appropriate cessation plan with you. Cessation consultation, with the high level of secrecy and free of charge, offers support through text messages fighting addiction hand by hand

Toll-free Smoking Cessation Hotline Information 0800-636363

Service Hours

Monday through Saturday from 9 a.m. to 9 p.m. (Services are available during national holidays except new year holidays and Sunday.)

Service styles

Any person who needs consultation is always welcome by using landline, public telephone, mobile and internet phone to dial toll-free number 0800-63-63-63
Smoking cessation hotline website : www.tsh.org.tw

Our service is sponsored by Health and Welfare Surcharge on Tobacco Products

Welcome to join the fan page



Ministry of Health and Welfare Tobacco Hazards Prevention Website
<http://tobacco.mha.gov.tw/>



Taoyuan city government, Ministry of Health and Welfare
Taoyuan city government, Ministry of Health and Welfare



Proceed with Love



桃園市政府衛生局
Department of Public Health, Taoyuan



STOP SMOKING for your lovely babies



Smoking cessation hotline service center
0800-63-63-63



Quit Smoking For A Better Health Joyfully Embrace Your Baby

Infertility Problems

- Smoking leads to mutation in oocytes, hormone imbalance and decreases the function of oviduct causing reproductive disabilities easily

- Female smokers may lose track of menses, have severe pain during menstrual cycles. Female victims may take longer time to conceive, have 25% lower chance of getting pregnant or insecure pregnancy, such as preclatal abruption, preclatal previa and extrauterine pregnancy and more.

Follow the hotline suggestion and better quit smoking immediately. Prepare your healthy body to give birth to your next generation.



Smoking During Pregnancy Poses Threats To Fetus Health

Complications occurs during pregnancy and childbirth

- Smoking during pregnancy can cause malposition, miscarriage, stillbirth, premature delivery, fetus abnormalities or sudden infant death syndrome.

Tobacco Hazard to fetus

- Pregnant women who smoke tends to have a high risk of having a baby with low birth weight and Sudden Infant Death Syndrome. Children are more likely to have learning problems and higher risk of cerebral palsy

- Smoking rises the concentration of lead in the blood of the pregnant women, which will pass through the placenta into your baby affecting the development of intelligence. As for Nicotine, it damages the neural transmitter in the ears of the unborn babies, and has detrimental effect on vision

- Pregnant women who smoke or inhale second-hand smoke may have a high concentration of nicotine residue in the body. The uterus condition like this not simply has different impacts on the development, nervous, digestive system and vision of the fetus but also increases risks of miscarriage, congenital abnormality, premature birth, low weight birth and higher possibility of suffering from leukemia



No Smoking After Childbirth. Your Babies Will Be More Healthy

Tobacco hazards on breastfeeding

- Mothers returning to smoking after giving birth or contacting second-hand smoke have nicotine remain in their breast milk which could give babies a loss of appetite. Breastfeeding right after finished up smoking, babies will become agitated or refuse to eat. Other than that, vomiting, diarrhea, unease and heart rate increase might happen as well. The effects on mother side will be like disorder of hormone secretion results in insufficient amount of breast secretion

Second-hand smoke/ third-hand smoke has the immense negative effects

- If the new borns are exposed to second-hand smoke, they may caught or sneeze, suffer from asthma, chronic bronchitis, pneumonia, allergy, lung functioning issues and high risk of sudden death; high risks of learning problems, neurocognitive problems and attention deficit disorder

- Breastfeeding mothers who are under the long-term exposure to tobacco hazards, will have third-hand smoke absorbed into their clothing, toys, rugs, sofas, walls, ceilings and even curtains. Toxin could attach on body skins or be eaten by human unconsciously. At best, it will develop asthma; at worst, it could develop cancer posing tremendous impact on children's health

Raising Hope

Kissing the babies

Smoke-free Environment