

## Fathers Who Smoke

Smoking by the father also affects the unborn baby.

The chemicals from cigarettes are passed onto the baby via passive smoking and carry the same risks to the mother and baby as if it were the mother smoking.

### **By quitting smoking or not smoking near pregnant women;**

Your baby is less likely to die from SIDS or cot death

Your baby is less likely to suffer middle ear infections or have permanent hearing impairment.

Your baby is less likely to develop breathing problems like asthma and pneumonia

Your baby will be more settled and feed better

### **What can you do?**

Make your home and car smoke-free zones

Avoid smoking around your partner

After the birth, do not smoke near your baby

If your partner smokes, support and encourage her to quit smoking for herself and the baby

[Click here for a copy of 'Important news for fathers who smoke.'](#)

## Fertility

Research has shown that male smokers have lower sperm quality and count than non-smokers<sup>2</sup>.

Smoking can also lead to male erectile dysfunction. Two of the main chemicals in cigarettes are nicotine and carbon monoxide, which narrow the arteries and reduce the blood flow through the body, affecting the blood flow to the penis<sup>1</sup>.

By quitting smoking;

You reduce the risk of impotence and improve your sperm quality

You are less likely to have delays in falling pregnant or infertility

1. McVary KT, Carrier S, Wessells H - Subcommittee on Smoking and Erectile Dysfunction socio-economic committee: Sexual Medicine Society of North America;2001; *Smoking and Erectile Dysfunction: Evidence Based Analysis*; Journal of Urology; 166(5); 1624-32.

2. West R, McEwen A, Bates C; 1999; Sex and Smoking. Comparisons between male and female smokers; London No Smoking day.