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Title: Pregnancy and smoking: cessation advice and health consequences of CO fetal exposure: An exploratory study

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Body: Introduction: Fetal exposure to second-hand smoke (SHS) is the most important avoidable cause of fetal morbidity and mortality. Health professionals' (HPs) cessation advice is crucial, since women may be more prone to change. Study aims-To evaluate: · HPs' cessation advice · Fetus exposure to CO and association with anthropometric parameters of the newborn Methods: Prospective cohort study. Face-to-face structured interviews were applied to 94 pregnant, followed up at São Sebastião Hospital, mean age 31 years. Newborn parameters were collected from clinical files. We performed "baby CO". We used chi squared, Mann-whitney, Kruskal Wallis tests, and Pearson's correlation. Results: 37% of the participants were smokers (average 6 cigarettes/day). 54% had a smoker partner. 80% reported SHS exposure. 67% were questioned about smoking. 93% of the smokers wanted to change their consumption, but only 7.4% did quit (cold turkey, on their own). The observed decrease in consumption was significantly associated with HP counseling ($p<0.05$), while cessation counseling was not associated with quitting. Neonates of the smokers were born, on average, 231,30g lighter and with less 0.76 cm of cephalic perimeter ($p<0.05$). Conclusions: The majority of pregnant women was advised to change tobacco consumption and was exposed to SHS. Most of the smokers wanted to reduce smoking, but did not want to quit. Cessation counseling was not effective. Nevertheless the low consumption, smoking and CO levels were negatively associated with newborn parameters. There is a need to train HPs in cessation counseling, including SHS exposure and partners' smoking.