



ASTHMA

and Pregnancy

Healthy Mama

Six tips to help you have a healthier pregnancy, and a healthy baby:

1. Tell your doctor if you have asthma.
2. Use your medications unless your doctor tells you to stop.
3. Keep away from triggers that will make your asthma worse like tobacco smoke, dust or animals with fur.
4. Poorly controlled asthma can lead to a low birth weight baby.
5. Having an asthma attack while pregnant may be dangerous for both the mother and baby.
6. Asthma can be managed.

A Message from the Maine Asthma Prevention and Control Program.



Department of Health
and Human Services

Make People Living
Safe, Healthy and Productive Lives

John E. Baldacci, Governor

Brenda M. Hanvey, Commissioner

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