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# Asthma and Pregnancy

Maine Department of Health and Human Services

Maine Center for Disease Control and Prevention

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Sometimes your  
**asthma** can get  
worse while **you**  
are **pregnant**.

When you have a  
hard time breathing,  
your **baby** also  
has a hard time  
getting **oxygen**.



## For more information about asthma contact:

[www.mainepublichealth.gov](http://www.mainepublichealth.gov)

Maine Asthma Prevention and Control  
207-287-3041

This brochure is for informational purposes only.  
It is not intended to treat or diagnose a disease.



Department of Health  
and Human Services

Maine People Living  
Safe, Healthy and Productive Lives

John E. Baldacci, Governor

Brenda M. Harvey, Commissioner

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We Are DHHS.*

12/ 08

# ASTHMA and Pregnancy



## The Importance of Controlling Your Asthma While You Are Pregnant



Maine Center for Disease  
Control and Prevention

An Office of the  
Department of Health and Human Services

John E. Baldacci, Governor

Brenda M. Harvey, Commissioner

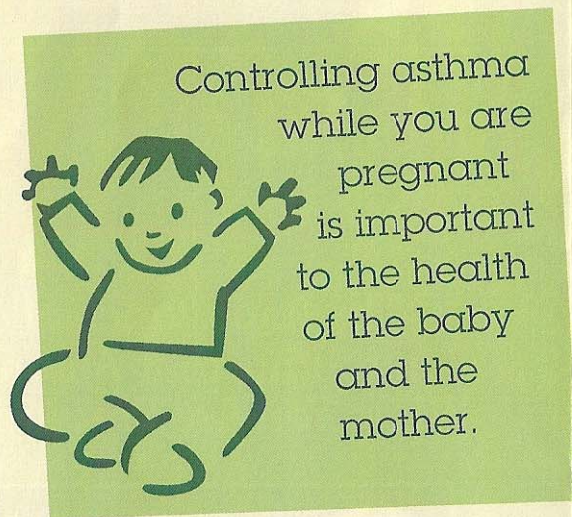
# healthy pregnancy...healthy baby

## What is the Risk?

When a mother has asthma it can:

- lower the baby's weight at birth
- lead to serious medical problems
- increase the risk of death for the mother and her baby

Sometimes asthma can get worse for the mother while she is pregnant. When the mother has a hard time breathing, the baby also has a hard time getting oxygen.

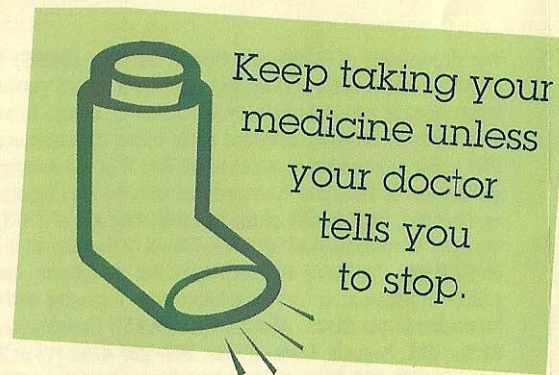


## What You Can Do

Write in an asthma diary:

- your daily peak flow numbers
- the asthma medicine you take each day
- anything that makes your asthma worse, like dust, cigarette smoke, mold and pets

Keep taking your medicine unless your doctor tells you to stop. Studies show that taking your asthma medicine is safe while you are pregnant.



## What to Remember

- tell your doctor that you have asthma
- take your medicine, because it is better than having an asthma attack
- keep away from asthma triggers
- stay inside on hot and humid days
- manage your asthma while you are pregnant to keep you and your baby healthy

# manage your asthma

