


<b>PROFEX SZAKNYELVI VIZSGA</b>		<b>vizsgáló sorszáma:</b>  <b>dátum:</b> <b>2007. április 14.</b>
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*Fordítsa le az alábbi szöveget! Egynyelvű és kétnyelvű nyomtatott szótár segítségét igénybe veheti.  
Elérhető pontszám: 15 pont.  
Figyelem! A vizsga akkor lehet sikeres, ha a vizsgáló részegységenként legalább 40%-ot teljesít.  
Végső megoldásként csak a tintával írt változatot fogadjuk el.*

## **SMOKING DURING PREGNANCY AND AROUND INFANTS AND CHILDREN**

It is not healthy for any person to smoke. If you are pregnant and you smoke during your pregnancy, you may harm your baby as well as yourself.

Your lungs absorb the chemicals in cigarette smoke. As a result, the baby has a greater risk of low birth weight. The baby also has a greater chance of being born too early. Babies who are both underweight and born early have more problems during and after delivery.

Smoking during pregnancy may be a cause of SIDS (sudden infant death syndrome).

The smoke from cigarettes, cigars, and pipes is also unhealthy for a baby after birth. Infants and children who are exposed to such smoke (passive smoking) are more likely to have more colds, lung problems, and ear infections.

If you are planning to become pregnant, you should quit smoking before you try to get pregnant. If you are not able to quit completely, try to cut down to fewer than 5 cigarettes a day. If you cannot stop smoking on your own, seek help and counselling to stop smoking. Do not use nicotine replacement products such as nicotine patches or nicotine gum while you are pregnant unless they have been approved by your health care provider.

Remember that family members and others should not smoke around you or around children.

(Source: [http://www.med.umich.edu/1libr/wha/wha\\_smok\\_crs.htm](http://www.med.umich.edu/1libr/wha/wha_smok_crs.htm))