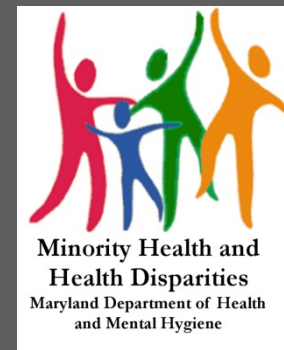


# Tobacco Use And Pregnancy

Anne Arundel County Department of Health



# Overview

- ⇒ Who smokes?
- ⇒ Cigarettes and cigars
- ⇒ Health effects of smoking
- ⇒ Environmental smoke
- ⇒ Pregnancy and smoke
- ⇒ Infants and smoke
- ⇒ Resources



# Who Smokes?

**Adults** (18 years or older)

<b>Anne Arundel County</b> *	14.0%
<b>Maryland</b> *	19.1%
<b>United States</b> *	18.9%
<i>White</i> ^	19.3 %
<i>Black</i> ^	19.1%
<i>American Indian/Alaska Native</i> ^	26.5 %
<i>Asian</i> ^	9.9%
<i>Hispanic</i> ^	12.9%

\*US BRFSS, 2011; ^National Health Interview Survey, National Center for Health Statistics, 2011.

# Cigarettes

- ⇒ There are approximately 600 ingredients in cigarettes.
  - Nicotine is what makes them addictive.
  - Causes the heart to beat faster and raises blood pressure.
- ⇒ When burned, they create more than 7,000 chemicals.
  - Smoke also contains carbon monoxide and ammonia.
  - Carbon monoxide makes breathing more difficult for the smoker.



## Cancer-causing Chemicals



**Formaldehyde**  
Used to embalm  
dead bodies



**Benzene**  
Found in gasoline



**Polonium 210**  
Radioactive and  
very toxic



**Vinyl chloride**  
Used to make pipes

## Toxic Metals



**Chromium**  
Used to make steel



**Arsenic**  
Used in pesticides



**Lead**  
Once used in paint



**Cadmium**  
Used in making batteries

## Poison Gases



**Carbon monoxide**  
Found in  
car exhaust



**Hydrogen cyanide**  
Used in  
chemical weapons



**Ammonia**  
Used in  
household cleaners



**Butane**  
Used in  
lighter fluid



**Toluene**  
Found in  
paint thinners

Tobacco smoke contains a deadly mix of **more than 7,000 chemicals**. Hundreds are toxic. About 70 can cause cancer. Here are some of the chemicals.

# Cigars

Dangers of cigar smoking:

- Nicotine—ADDICTIVE
- Don't have filters
- Thousands of toxic chemicals
- Substances that cause cancer



# Electronic Cigarettes

- ⇒ Contain nicotine.
- ⇒ E-cigarettes have not been fully studied.
- ⇒ Consumers currently don't know:
  - The potential health risks of e-cigarettes.
  - How much nicotine or other harmful chemicals are being inhaled.
  - Whether there are any benefits associated with using these products.

# Hookah

- ⇒ Hookah's are water pipes that are used to smoke.
- ⇒ An hour-long hookah smoking session involves 200 puffs.
  - Smoking an average cigarette involves 20 puffs.
- ⇒ The amount of smoke inhaled during a typical hookah session is about 90,000 ml.
  - 500-600 ml. are inhaled when smoking a cigarette.



# Effects of Smoking

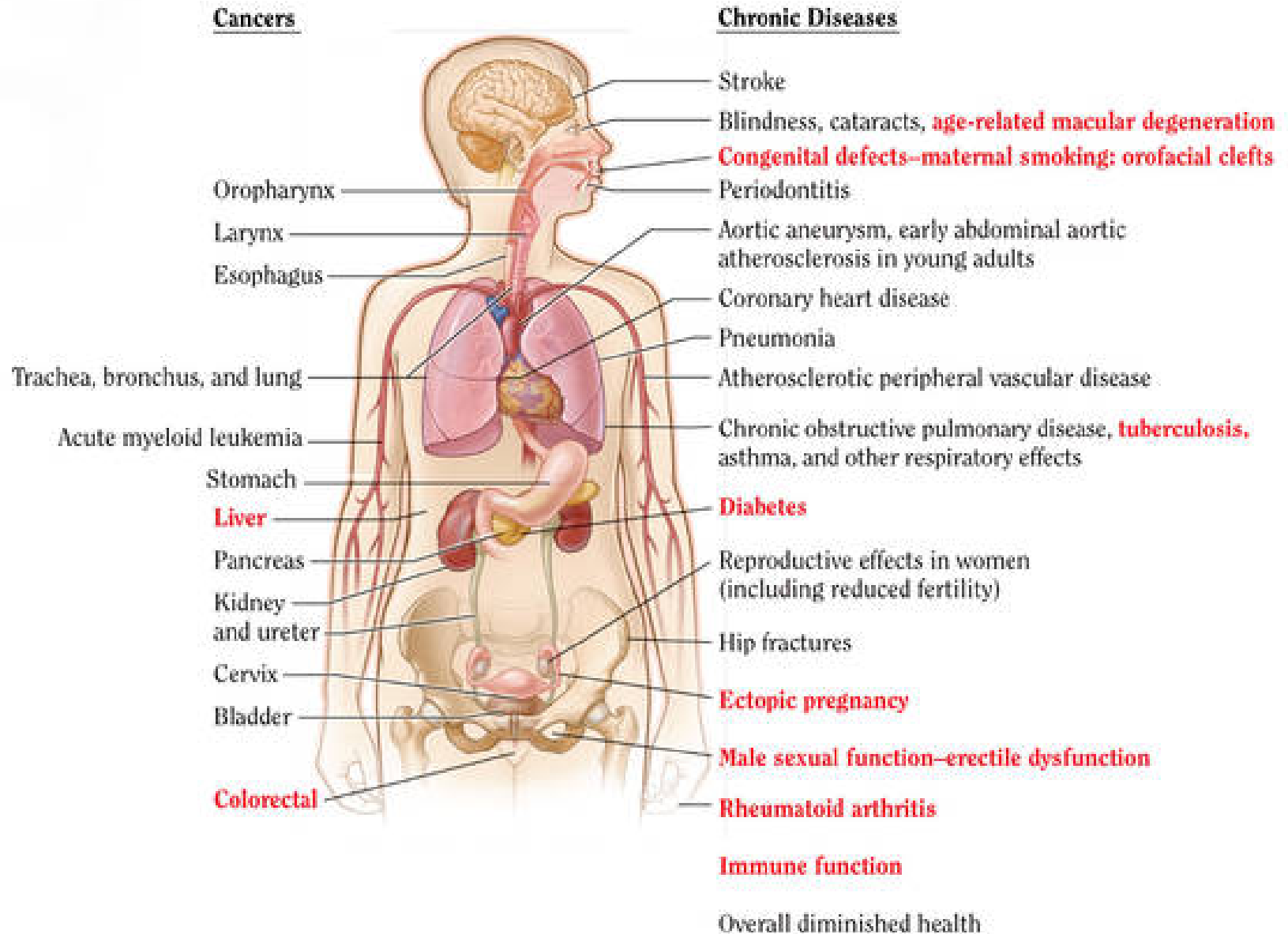
⇒ Smoking is associated with:

- One of every 5 deaths in the U.S. each year.
- More than 480,000 annual deaths in the U.S.
- Reducing life expectancy for smokers by at least 10 years.

⇒ Cancer:

- Lung cancer
- Smoking can cause cancer almost everywhere in the body

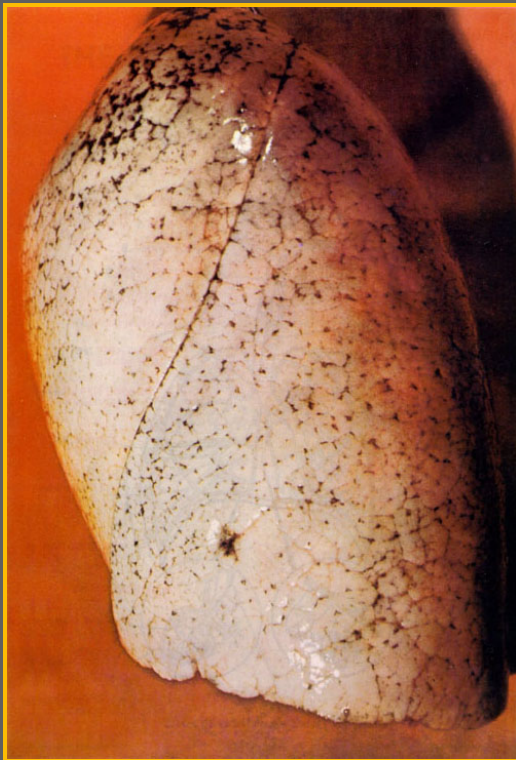
## The health consequences causally linked to smoking



*Note:* The condition in **red** is a new disease that has been causally linked to smoking in this report.

# Effects of Smoking

Healthy lung



Smoker's lung



Carbon deposits in the lung

# Other Harmful Effects

## ⇒ Respiratory effects

- Coughing and chronic bronchitis
- Chronic respiratory disease and emphysema

## ⇒ Cardiovascular effects

- Rise in blood pressure
- Heart attack and stroke
- Reduction in the level of good cholesterol (HDL)

# Other Harmful Effects

⇒ Others:

- Increased risk of developing diabetes.
- Increased risk of cataracts and bone loss.

# Sources of Environmental Tobacco Smoke

Smoke exhaled from the mouth



Smoke from the cigarette



# Secondhand Smoke

- ⇒ What is Secondhand smoke?
  - Exposure to and inhalation of the smoke that comes from cigarettes and from the mouths of smokers.
- ⇒ In 1992, the EPA classified secondhand smoke as a cancer-causing substance.
- ⇒ It is associated with approximately:
  - 7,300 deaths due to lung cancer.
  - 34,000 deaths due to heart disease.
  - Children are at particular risk for exposure.

# Maryland Clean Indoor Air Act

- ⇒ Purpose is to preserve and improve the health, comfort and environment of the people by limiting exposure to environmental tobacco smoke
- ⇒ Took effect February 1, 2008





# Smoking in Homes



## ⇒ In the homes of smokers:

- The concentration of nicotine and airborne particles is higher than in the homes of nonsmokers.
- Hard to regulate by law.
- Only prohibited if home is licensed as a day care provider.

## ⇒ Children living in smoking households:

- In U.S., 18.2% of children ages 3-11 live with someone who smoked inside their home.

# Thirdhand Smoke

- ⇒ Tobacco smoke is:
  - Tobacco smoke that collects on clothes, or in car seats, furniture, carpets and walls.
- ⇒ The smell that comes off clothes and hair is known as “off-gassing”.
- ⇒ In nonsmokers, as much as 10-30% of daily exposure to smoke components can occur hours after the last cigarette was smoked.

# The Effects of Smoking on Pregnant Women





## Pregnancy and Smoke

- ⇒ There can be difficulty getting pregnant.
- ⇒ Women who smoke are more likely to have a miscarriage.
- ⇒ Smoking can cause problems with the placenta.
  - Nicotine and carbon monoxide affect the fetus' blood circulation.
  - Placenta can separate from the womb too early.

# Long-term Effects on Mother

- ⇒ Decreased life expectancy
- ⇒ Decreased fertility
- ⇒ Earlier menopause
- ⇒ Menstrual abnormalities
- ⇒ Heart disease
- ⇒ Emphysema
- ⇒ Cancer
- ⇒ Stroke

# Effect on Pregnancy

- ⇒ Anything inhaled by the mother is carried through her blood stream directly to the baby.
- ⇒ Toxins in cigarettes:
  - Decrease the amount of oxygen the mother and baby receive.
  - Increase the baby's risk of developing respiratory problems.
  - Increase the risk of stillbirth, premature birth or miscarriage.

# Effect on Baby

- ⇒ Smoke exposure increases the risk of:
  - Stillbirth
  - Premature birth
  - Low birth weight
  - Birth defects
    - Club foot
    - Cleft lip
    - Heart defects



# Effect on Baby

- ⇒ Smoke exposure increase the risk of:
  - Reduced lung function
  - Sudden Infant Death Syndrome (SIDS)
  - Infant death
  - Developing asthma and other respiratory problems
  - Attention Deficit Hyperactivity Disorder (ADHD)



# Secondhand Smoke and Babies

- ⇒ There is no safe level of breathing other people's smoke.
- ⇒ Home and vehicles are places where babies can be exposed.
- ⇒ Babies exposed are more likely to:
  - Weight less
  - Die from SIDS
  - Have more ear infections
  - Have frequent asthma attacks

# Thirdhand Smoke and Babies

- ⇒ Babies are most vulnerable to thirdhand smoke exposure.
- ⇒ Babies crawl on carpets and furniture.
- ⇒ Babies are carried by individuals and have close proximity to clothing.
- ⇒ Babies constantly put things in their mouths.

# Avoiding Second and Thirdhand Smoke

- ⇒ Protect yourself and your family by:
  - Making your home and car smoke free.
  - Asking people not to smoke around you and your children.
  - Choosing restaurants and businesses that are smoke free.
  - Teaching children to stay away from people's smoke.

# Benefits of Quitting

## ⇒ Benefits to the baby:

- Will have more oxygen, even after one day.
- Will have less risk of being born premature.

## ⇒ Benefits to the mother:

- Will be less likely to develop smoke-related diseases.
- Will have more energy and breathe more easily.
- Clothes, hair and home will smell better.
- Food will taste better.
- Will feel good about what they have done for themselves and their baby.

# Buying Tobacco Affects a Family's Pocketbook

- ⇒ The average cost of cigarettes
  - One pack = \$7.93 (in Maryland)
  - One pack/day x 30 days
    - = \$238/month (average)
    - = **\$2,856/year! (average)**
- ⇒ In addition, we have to take into account medical and hospital costs and days off work due to illnesses caused by smoking.

# Support for Quitting

- ⇒ If you or someone you know wants to quit smoking, talk to your doctor about strategies.
- ⇒ There is support in quitting, including free counseling, educational material and local resources.

# Free Quit Smoking Help

## ⇒ Anne Arundel County Department of Health Learn To Live Program

- Quit Smoking kits
- Quit Smoking classes
- Smoking Stinks website
- I Quit program for teens
- Other anti-tobacco materials and information

410-222-7979

[www.LearnToLiveHealthy.org](http://www.LearnToLiveHealthy.org)

[www.SmokingStinks.org](http://www.SmokingStinks.org)

# Maryland Tobacco Quitline

- ⇒ Provides free quit-smoking services.
- ⇒ Offers counseling for adults and teens in English and Spanish
- ⇒ Has an intensive support program for pregnant women.
- ⇒ Provided via
  - Telephone- 1-800-QUIT-NOW
  - Online- [www.SmokingStopsHere.com](http://www.SmokingStopsHere.com)
  - Text- Text2Quit



# Other Resources

- ⇒ Contact your doctor
  
- ⇒ U.S. Health and Human Services – Be Tobacco Free
  - [www.BeTobaccoFree.gov](http://www.BeTobaccoFree.gov)
  
- ⇒ Centers for Disease Control and Prevention
  - [www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)
  
- ⇒ National Cancer Institute
  - [www.cancer.gov/tobacco](http://www.cancer.gov/tobacco)

# **Working Together to Have Healthy Families!**

