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)

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<thead>
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<tbody>
<tr>
<td>Anne Arundel County*</td>
<td>14.0%</td>
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<tr>
<td>Maryland*</td>
<td>19.1%</td>
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<tr>
<td>United States*</td>
<td>18.9%</td>
</tr>
<tr>
<td>White^</td>
<td>19.3 %</td>
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<tr>
<td>Black^</td>
<td>19.1%</td>
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<tr>
<td>American Indian/Alaska Native^</td>
<td>26.5 %</td>
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<tr>
<td>Asian^</td>
<td>9.9%</td>
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<tr>
<td>Hispanic^</td>
<td>12.9%</td>
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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.

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

Cancers
- Oropharynx
- Larynx
- Esophagus
- Trachea, bronchus, and lung
- Acute myeloid leukemia
- Stomach
- Liver
- Pancreas
- Kidney and ureter
- Cervix
- Bladder
- Colorectal

Chronic Diseases
- Stroke
- Blindness, cataracts, age-related macular degeneration
- Congenital defects—maternal smoking: orofacial clefts
- Periodontitis
- Aortic aneurysm, early abdominal aortic atherosclerosis in young adults
- Coronary heart disease
- Pneumonia
- Atherosclerotic peripheral vascular disease
- Chronic obstructive pulmonary disease, tuberculosis, asthma, and other respiratory effects
- Diabetes
- Reproductive effects in women (including reduced fertility)
- Hip fractures
- Ectopic pregnancy
- Male sexual function—erectile dysfunction
- Rheumatoid arthritis
- Immune function
- Overall diminished health

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)

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
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
- Text- Text2Quit

Other Resources

- Contact your doctor

- U.S. Health and Human Services – Be Tobacco Free
  - www.BeTobaccoFree.gov

- Centers for Disease Control and Prevention
  - www.cdc.gov/tobacco

- National Cancer Institute
  - www.cancer.gov/tobacco
Working Together to Have Healthy Families!