

# TOBACCO USE & PREGNANCY

When you are pregnant, the things you do affect your unborn child. Smoking and tobacco use (including e-cigarettes and vapor products) – or even being around other people who use tobacco – exposes your baby to harmful chemicals that can have a lifelong impact. No matter how far along you are in your pregnancy, your baby will be healthier if you quit.

## By quitting tobacco, you can:

- Reduce the risk of miscarriage
- Reduce the number of colds that both you and your baby have
- Avoid having your baby go through nicotine withdrawal at birth
- Decrease your baby's risk of sudden infant death syndrome (SIDS)
- Assure your breast milk will be healthier for your baby
- Increase the chance of your baby having healthier lungs
- Increase the amount of oxygen your baby gets, helping the baby grow
- Reduce the chance that your baby will be born too early, before the lungs and other organs are fully formed
- You put yourself at risk for nicotine poisoning
- Save money to buy more things for your baby – and yourself

## When you are pregnant and use tobacco:

- Your baby receives less oxygen which will slow your baby's growth
- Your baby's lungs may develop slower
- Your baby could develop asthma, allergies and other lung problems
- Your baby could suffer from attention deficit hyperactivity disorder (ADHD)



The Oklahoma Tobacco Helpline is here to help you quit. Even if you have tried before, there are new tools and medications that can help you quit tobacco for good.

## When you call the Helpline you:

- Receive free one-on-one quit coaching with a highly trained quit coach
- Receive specialized help if you are a pregnant or postpartum caller



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## SECONDHAND SMOKE AND CHILDREN

### According to the Surgeon General:

- Because their bodies are developing, infants and young children are especially vulnerable to the poisons in secondhand smoke
- Both babies whose mothers smoke while pregnant and babies who are exposed to secondhand smoke after birth are more likely to die from sudden infant death syndrome (SIDS) than babies who are not exposed to secondhand smoke
- Mothers who are exposed to secondhand smoke while pregnant are more likely to have lower birth weight babies, which makes babies weaker and increases the risk for many health problems
- Babies whose mothers use tobacco products while pregnant or who are exposed to secondhand smoke after birth have weaker lungs than other babies, which increases the risk for many health problems
- Secondhand smoke exposure causes acute lower respiratory infections such as bronchitis and pneumonia in infants and young children
- Secondhand smoke exposure causes children who already have asthma to experience more frequent and severe attacks
- Secondhand smoke exposure causes respiratory symptoms, including cough, phlegm, wheezing, and breathlessness, among school-aged children
- Children exposed to secondhand smoke are at increased risk for ear infections and are more likely to need an operation to insert ear tubes for drainage
- Children aged three to 11 years, who are exposed to secondhand smoke, have cotinine levels (a biological marker for secondhand smoke exposure) more than twice as high as nonsmoking adults
- Children who live in homes where smoking is allowed have higher cotinine levels than children who live in homes where smoking is not allowed



The Surgeon General also concluded that there is no safe level of secondhand smoke exposure and eliminating tobacco use (including e-cigarettes and vapor products) in indoor spaces is the only way to fully protect children from exposure to secondhand smoke. A primary source of children's secondhand smoke exposure is in their homes and vehicles. Secondhand smoke permeates the entire house and lingers long after the product has been extinguished, so tobacco use in certain rooms, at certain times, or by a window or fan is not safe.

### What You Can Do To Protect Kids from Secondhand Smoke

Sadly, children are powerless to protect themselves from the dangers of secondhand smoke. But we each can play an important role in protecting them from secondhand smoke exposure.

The single best step you can take to protect your family's health and your own is to quit smoking and the use of other tobacco products, including e-cigarettes and vapor products. Quitting tobacco use will also reduce the chance that your children will grow up to become a tobacco user themselves.

While quitting may be difficult, there are a number of proven cessation resources available to help, including free counseling and a range of FDA-approved medications. To receive free counseling to help you quit, please call **1-800-QUIT-NOW**.

