

# SMOKING AND TOBACCO USE: THE EFFECTS ON PREGNANCY AND CHILD HEALTH

## Types of Smoke Exposure

1. *First-hand smoke*: directly smoking a cigarette, using chewing tobacco, or using other forms of tobacco products.
2. *Second-hand smoke*: exposure to or inhaling of the exhaled smoke and smoke given off by a burning tobacco product.
3. *Third-hand smoke*: inhaling the ash and other residual tobacco substances that stick to surfaces, hair, skin, and clothes.

## Baby's Potential Health Outcomes

### Known

- Lifelong learning disabilities
- Under-developed lungs
- Death
- Asthma
- Cleft lip and/or cleft palate
- Still birth
- Low birthweight
- Increased risk of SIDS

### Suspected

- Heart defects
- **Gastroschisis** (a birth defect in which the baby's intestines extend outside of the body through a hole next to the belly button)
- **Clubfoot**
- **ADHD**



## Tobacco Products to Avoid

- Cigarettes
- Snus and other chewing tobacco
- Electronic cigarettes including:
  - E-pens
  - Tanks
  - E-hookah
  - Vape pens

## Mom's Potential Health Outcomes

- **Difficulty getting pregnant**
- **Pregnancy occurs outside the uterus**
- **Complications with placenta** (an organ that provides oxygen and nutrients from you to your baby) **during pregnancy**
- Increased risk of **preterm labor**, and **premature birth**, and possibly increased risk of **miscarriage**

## Resources to Stop Smoking:

Call: 1-800-784-8669

or

[www.quitnownm.com](http://www.quitnownm.com)

Most insurance companies and Medicaid will pay for tobacco cessation programs.