

Tobacco Use

Why is tobacco smoke harmful to your baby?

Smoking tobacco when you are pregnant can hurt you and your baby. When someone else smokes around you, you breathe in harmful chemicals. There are more than 4,000 harmful chemicals in tobacco smoke. These include nicotine, tar, ammonia, carbon monoxide, arsenic, cyanide, and lead.

The chemicals from tobacco smoke stay in the air for a period of time. They also stay on surfaces around your house as well as on your hair and clothes. These chemicals are passed through the uterus to the baby.



How can you make your environment smoke-free?

Talk to your healthcare providers or pharmacist for help to quit smoking.

As much as possible, keep your environment smoke-free. Talk to your friends and family about keeping your house and car smoke-free. Avoid situations where people are smoking.

What are the risks of being around tobacco smoke during your pregnancy?

- Losing your baby
- Having your baby too early
- Having a baby who is too small
- Having a baby born with health, learning, emotional, and behavioural problems
- Miscarriage
 - ❖ Miscarriages happen when a baby dies in the mother's uterus.
- Ectopic Pregnancy
 - ❖ An ectopic pregnancy happens when a fertilized egg implants outside of the uterus. The fetus cannot survive. This condition can cause the mother to die.
- Placenta Previa
 - ❖ Usually the placenta attaches to the top part of the uterus. When it attaches to the bottom of the uterus, it is called placenta previa. Placenta previa can cause bleeding and complications during labour. Placenta previa can cause the mother to die.
- Abruptio Placenta
 - ❖ This condition happens after 20 weeks of pregnancy. Abruptio placenta happens when the placenta separates from the wall of the uterus too early. It can cause bleeding. Your baby may have problems getting enough oxygen and the nutrients he needs to grow. It can cause problems during labour. Abruptio placenta can cause your baby to be born dead.



- Premature Rupture of Membranes
 - ❖ When the amniotic sac breaks before 37 weeks, it is called preterm premature rupture of membranes. It can cause infection for mother and baby and can cause your baby to be born early. It can also lead to death of both mother and baby.
- Pre-Eclampsia
 - ❖ Pre-eclampsia is a condition that may occur during pregnancy. Symptoms include headaches, high blood pressure, swelling in your feet or hands, vision problems, protein in your urine (pee), upper stomach pain, shortness of breath, and sudden weight gain. If left untreated, pre-eclampsia can be very dangerous for you and your baby.
 - ❖ There are many factors that increase your risk of pre-eclampsia during pregnancy. These include a history of pre-eclampsia, first pregnancy, maternal age (being over 40), maternal obesity, multiple pregnancies (e.g., twins), spaces between pregnancies of under 2 years or over 10 years, and a history of some medical conditions like chronic high blood pressure, migraines, diabetes, and kidney disease.
- Delayed Wound Control
 - ❖ Smoking causes wounds to heal slower and increases risk of infections after a caesarean.