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.

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

Baby’s Potential Health Outcomes

<table>
<thead>
<tr>
<th>Known</th>
<th>Suspected</th>
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<tbody>
<tr>
<td>• Lifelong learning disabilities</td>
<td>• Heart defects</td>
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<tr>
<td>• Under-developed lungs</td>
<td>• Gastrochisis (a birth defect in which the baby’s intestines extend outside of the body through a hole next to the belly button)</td>
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<td>• Death</td>
<td>• Clubfoot</td>
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<tr>
<td>• Asthma</td>
<td>• ADHD</td>
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<tr>
<td>• Cleft lip and/or cleft palate</td>
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<td>• Still birth</td>
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<td>• Low birthweight</td>
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<td>• Increased risk of SIDS</td>
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Tobacco Products to Avoid

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

Resources to Stop Smoking:

Call: 1-800-784-8669

or

www.quitnownm.com

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