

Smoking Moms

When You Smoke Your Baby Smokes Too

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Tobacco Truths

- ❖ Nicotine is one of the most heavily used addictive drugs in the world
- ❖ Leading preventable cause of disease, disability, and death in the U.S.
- ❖ Cigarette smoking accounts for 90% of lung cancer cases in the U.S., and almost 50,000 deaths per year can be attributed to secondhand smoke.



Tobacco Truths Con't

- ❖ Nicotine is highly addictive.
- ❖ The tar in cigarettes increases a smoker's risk of lung cancer, emphysema, and bronchial disorders.
- ❖ The carbon monoxide in smoke increases the chance of cardiovascular diseases.
- ❖ Pregnant smokers have a higher risk of miscarriage or low birth weight babies.



Mothers and Smoking

- ❖ Nicotine readily crosses the placenta, reaching concentrations in the fetus that are much higher than maternal levels. (i.e **Nicotine baby**)
- ❖ Nicotine concentrates in fetal blood, amniotic fluid, and breast milk, exposing both fetuses and infants to toxic effects.
- ❖ In the United States, it is estimated that about **16 percent** of pregnant women smoke during their pregnancies



Mothers and Smoking Cont'

- ❖ The adverse effects of smoking during pregnancy can include increased risk for
 - ❖ **Stillbirth,**
 - ❖ **Infant Mortality,**
 - ❖ **Sudden Infant Death Syndrome,**
 - ❖ **Preterm Birth, Respiratory Problems,**
 - ❖ **Slowed Fetal Growth and Low Birth Weight**
 - ❖ An important risk factor for later developmental delay.



Mothers and Smoking Cont'd

- ❖ **Low Birth Weight Has Been Shown to Be Dose-Dependent,**
 - ❖ The more a woman smokes during pregnancy, the more infant birth weight is reduced.
- ❖ Smoking during pregnancy can also affect cognition and is associated with behavioral problems.
 - ❖ In addition, smoking more than a pack a day during pregnancy nearly doubles the risk of the child becoming addicted to tobacco if he or she starts smoking.

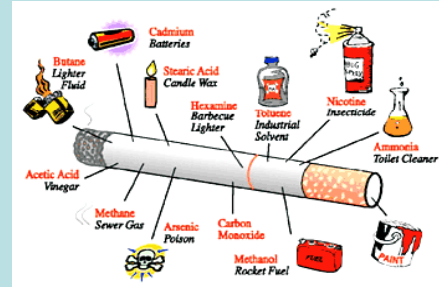


Long-term Effects of Smoking Post-Birth

- ❖ Severity of bad behaviors
 - ❖ Increase crying, increase excitability level
 - ❖ As toddlers increase risk of O.D.D (Oppositional Defiant Disorder)
 - ❖ As teenager increase risk for (Conduct disorder)
 - ❖ Teenager perform poorly on test on general intelligence.



Would you give any of these things to your baby?



Cost of Cigarettes

- ❖ If you smoke 1 pack of cigarettes a day for 1 year, it would cost:
 - *\$1577 for cigarettes alone
- ❖ This does not include higher insurance rates, more trips to the doctor, the price of ash trays, price of perfume to cover the smell etc.....
- ❖ Added all together you will spend about \$3650 a year.

True Cost of Smoking

\$3650 Per Year Cost Equals

- 150 Boxes of Diapers
- 21 Stroll & Baby Seat Sets
- 350 Tubes of Diaper Rash Cream
- 304 Baby Bottles
- 300 Cans of Formula
- 3000 Container of Baby Food!!!!
- **BUT THE GREATEST COST IS YOUR HEALTH!!!!!!**



Why Should I Quit?

- ❖ Saves you money that you can spend on other things
- ❖ Gives you more energy and helps you breathe easier
- ❖ Fewer health problems
- ❖ Feel pride in your success
- ❖ Decreased complications during pregnancy
- ❖ Increases the chances your baby will come home from the hospital with you

Did You Know That...

- ❖ Women who smoked during pregnancy have children whose behavior is similar to those whose mother's used illicit drugs.
- ❖ Babies of smoking mothers are more colicky and irritable
- ❖ Babies of smoking mothers are more likely to die from SIDS
- ❖ Babies and children exposed to cigarette smoke are more likely to have respiratory and ear infections as well as birth defects such as a cleft palate.

Did You Know That...

- ❖ Smoking in pregnancy can also lead to still birth
- ❖ Children whose mothers smoked have been shown to have behavioral and concentration issue later on in life
- ❖ If a woman stops smoking before her second trimester her risk of having a Low birth weight baby is decreased as if she had never smoked.
- ❖ Stopping smoking is the best way to insure that you give birth to a healthy, happy, beautiful baby!

What to Look Forward to When Quitting?

- ❖ Better Breathing
- ❖ Better Looking Skin
- ❖ Whiter Teeth
- ❖ Better Smelling Home, Breath and Self
- ❖ Healthy Baby Being Born
- ❖ Better Long Term Health for Mommy and Baby



Withdrawal From Nicotine

- ❖ A key to quit smoking is to remember that smoking cigarettes is an addiction that **CAN** be managed and overcome.
- ❖ Don't worry about symptoms which are actually good news
 - ❖ It's a sign that your body is purging itself of all the harmful chemicals cigarettes left in your body.

Withdrawal Symptoms And Duration

- ❖ Irritability/aggression-Less Than 4 Week
- ❖ Depression-Less Than 4 Weeks
- ❖ Restlessness -Less Than 4 weeks
- ❖ Poor Concentration-Less Than 2 Weeks
- ❖ Increased Appetite-Greater than 10 Weeks
- ❖ Light-Headedness-Less than 48 hours
- ❖ Night-time Awakenings-Less Than 1 Week
- ❖ Cravings-Greater than 2 weeks

Tips For Quit Smoking

- ❖ Designate Your Home As Smoke-Free
- ❖ Stay Active To Keep Your Mind Off Smoking
- ❖ Do Not Go To Places Where Many People Smoke
- ❖ Keep Mints or Gum On Hand For Cigarette Cravings
- ❖ Avoid Caffeinated Beverages (It May Stimulate Your Urge to Smoke)
- ❖ Hide Lighters and Ashtrays
- ❖ Join A Support or A Smoking Cessation Group

There Are Many Programs That Help Smokers Kick The Habit!!!!!!



QuitLine Program

- Provide Counseling For Smokers Who Are Having a Tough Time Quitting
- Available 24 hours 7 days a week



Text 4 Baby

- It is a free mobile information service.
- It provides pregnant women and new moms with information to help them care for their health
- Such programs give babies the best possible start in life
- BEBE (for Spanish-speakers)



The Gulf Coast North Area Health Education Center (GNAHEC)

- Provide Quitting Assistance
- Can Provides One-On-One Sessions As Well As Group Therapy For Quitting Smokers
- Works Closely With WIC and Healthy Start To Assist Mom's Who Have a Desire to Quit Smoking



Other Internet Resources:

- Legacy for Health: <http://www.legacyforhealth.org>
- National Partner for Smoke Free Families: <http://www.tobacco-cessation.org/sf/>
- March of Dimes: www.marchofdimes.com
- Smoke Free Women: <http://women.smokefree.gov/topic-pregnancy.aspx>
- Florida Quitline: <https://www.quitnow.net/florida>
- Florida AHEC: <http://ahectobacco.com>

What I Can Do NOW?



- ❖ On your next prenatal check up, speak with your Doctor about your desire to stop smoking. They can best direct you to where there is help.
- ❖ Set a Quit Date ASAP: The sooner you quit the better for you and your baby!
- ❖ Seek Help: There are many resources that can provide you with the help you need. Establishing a support system is the best and most efficient method of quitting.




MOST IMPORTANT



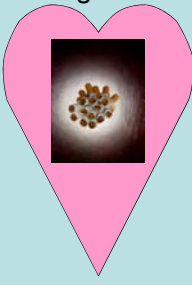
- ❖ The Most important thing to remember is that you are quitting for the health of you and your baby
- ❖ Smoking will compromise the emotional, physical and psychological health of both Mommy and Baby!
- ❖ It is necessary to stop smoking as soon as possible, particularly before the third trimester

Choose:

Baby



Cigarette



Remember Their Lives Are In Your Hands!!!!!!!

