

Smoking during pregnancy



Louisiana births to women who smoked during pregnancy

Louisiana 10.2%

Parish:

Assumption 14.6%

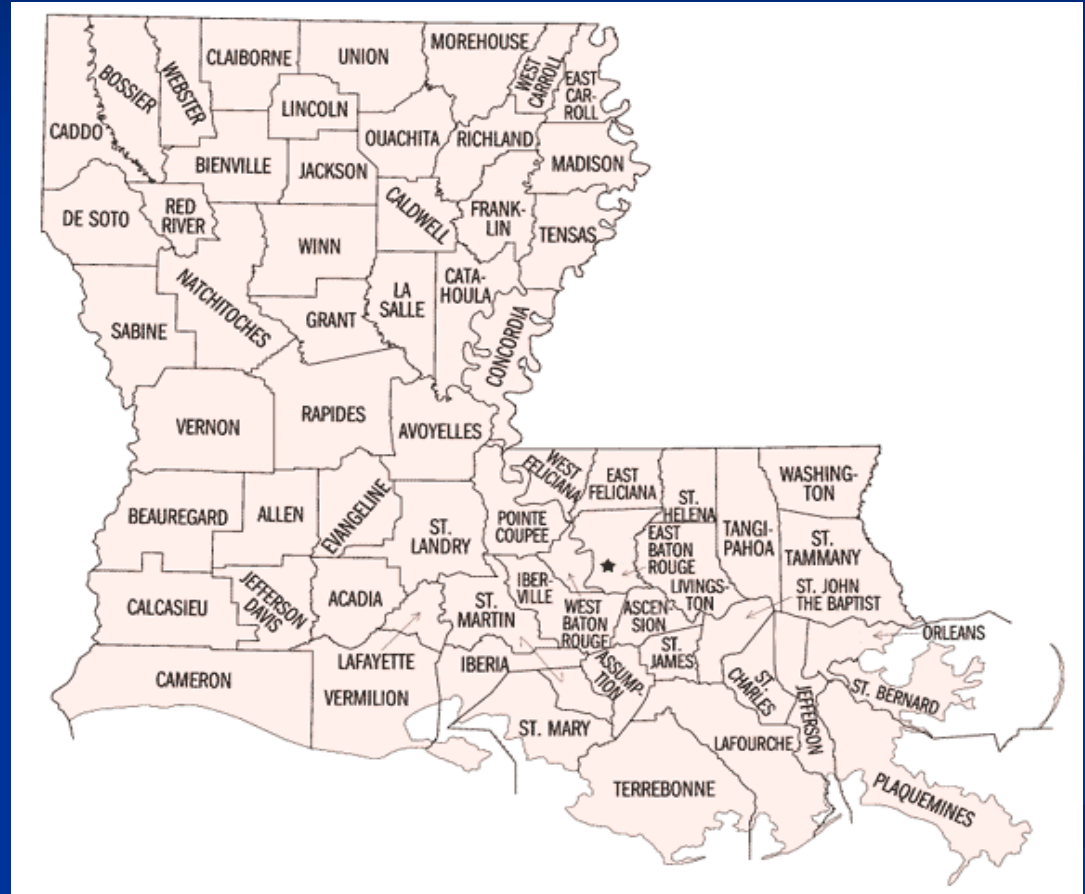
Jefferson < 10.2%

Lafourche 15.3%

St. James < 10.2%

St. Mary 18.2%

Terrebonne 14.7%



Effects of smoking on women

Tobacco use accounts for nearly 1 in 3 cancer deaths .

Almost 90% of these lung cancer deaths will be due to smoking.

- **mouth**
- **pharynx (throat)**
- **lips**
- **kidney**
- **bladder**
- **stomach**
- **larynx (voice box)**
- **nose and sinuses**
- **esophagus**
- **cervix**
- **pancreas**



Effects of smoking on women

- Women who smoke greatly increase their risk of heart disease (the leading killer among women) and stroke. Risk goes up with the number of cigarettes smoked and the length of time a woman has been smoking.
- More than 75% of deaths due to chronic bronchitis and emphysema -- together these are known as chronic obstructive pulmonary disease (COPD) -- are caused by smoking
- Female smokers aged 35 or older are almost 13 times more likely to die from emphysema or bronchitis than those who don't smoke.



Effects on babies from mothers who smoke during pregnancy

Mothers are more likely to have:

- Babies with low birth weight in at least 1 in 5 infants
- Babies which are 3 to 4 times more likely to die from sudden infant death syndrome (SIDS)
- Early membrane ruptures and placentas that separate from the uterus too early
- Miscarriages and stillbirths, too.



Secondhand smoke for babies

- Babies of parents who smoke get more ear infections
- Babies develop more bronchitis, pneumonia, coughs, and asthma
- 40% of children who go to the emergency room for asthma live with smokers



Effects when you quit smoking

20 minutes after quitting: Your heart rate and blood pressure drops

12 hours after quitting: The carbon monoxide level in your blood drops to normal.

2 weeks to 3 months after quitting: Your circulation improves and your lung function increases.

1 to 9 months after quitting: Coughing and shortness of breath decrease; cilia (tiny hair-like structures that move mucus out of the lungs) regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.



Effects when you quit smoking

1 year after quitting: The excess risk of coronary heart disease is half that of a smoker's

5 years after quitting: Your stroke risk is reduced to that of a non-smoker 5 to 15 years after quitting.

10 years after quitting: The lung cancer death rate is about half that of a person who continues smoking. The risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decrease, too.

15 years after quitting: The risk of coronary heart disease is the same as a non-smoker's.



Why should I quit?

The longer that a mother smokes during pregnancy, the higher her risk of complications.

According to the U.S. Public Health Service, if all pregnant women in this country stopped smoking, there would be an estimated:

- 11 percent reduction in stillbirths
- 5 percent reduction in newborn deaths



How to quit

- Using Your Support Program
- Keep Busy
- Stay Away from What Tempts You
- Ask your health care provider
- Call Chabert's smoking cessation program at (985) 873-2499