
Smoking



Smoking and Pregnancy

It is safest not to smoke while pregnant.

This is because...

Cigarettes have chemicals in them that can be passed to the developing baby.

What are the effects on a developing baby?

Some chemicals prevent food and oxygen from going to the developing baby.

A developing baby exposed to lots of smoke may be born too early.

Babies may also weigh less at birth making them more vulnerable to sickness.

Later in life, children may have difficulties with learning or behaviour.

When is the best time to quit?

The sooner you stop or reduce smoking, the sooner you and your baby will benefit from it.

Will I gain weight if I quit?

Every woman's body is different.

During pregnancy, gaining a certain amount of weight is healthy and good for your baby.

Talk to a health care provider about how you can have a healthy weight during pregnancy through eating well and exercise.

Quitting Smoking is a Journey!

It's common to slip and have a cigarette or take a puff when trying to quit.

Having a slip does not mean that you have to give up!





Secondhand Smoke

What is secondhand smoke?



Secondhand smoke comes in two forms:

- Smoke from the end of a burning cigarette that goes into the air
- Smoke breathed out of a person's mouth (this is the most harmful)

If there is lots of secondhand smoke in the air, it can be like smoking 1 to 10 cigarettes a day.

What are the effects of secondhand smoke?

While you are pregnant, secondhand smoke can raise a baby's heart rate and prevent it from getting enough oxygen.

Babies exposed to secondhand smoke have an increased risk for Sudden Infant Death Syndrome. Secondhand smoke can also make children very sick.

Some people may get headaches, dizziness, nausea or start coughing from secondhand smoke.

This is because breathing in secondhand smoke makes it harder for the body to get oxygen.

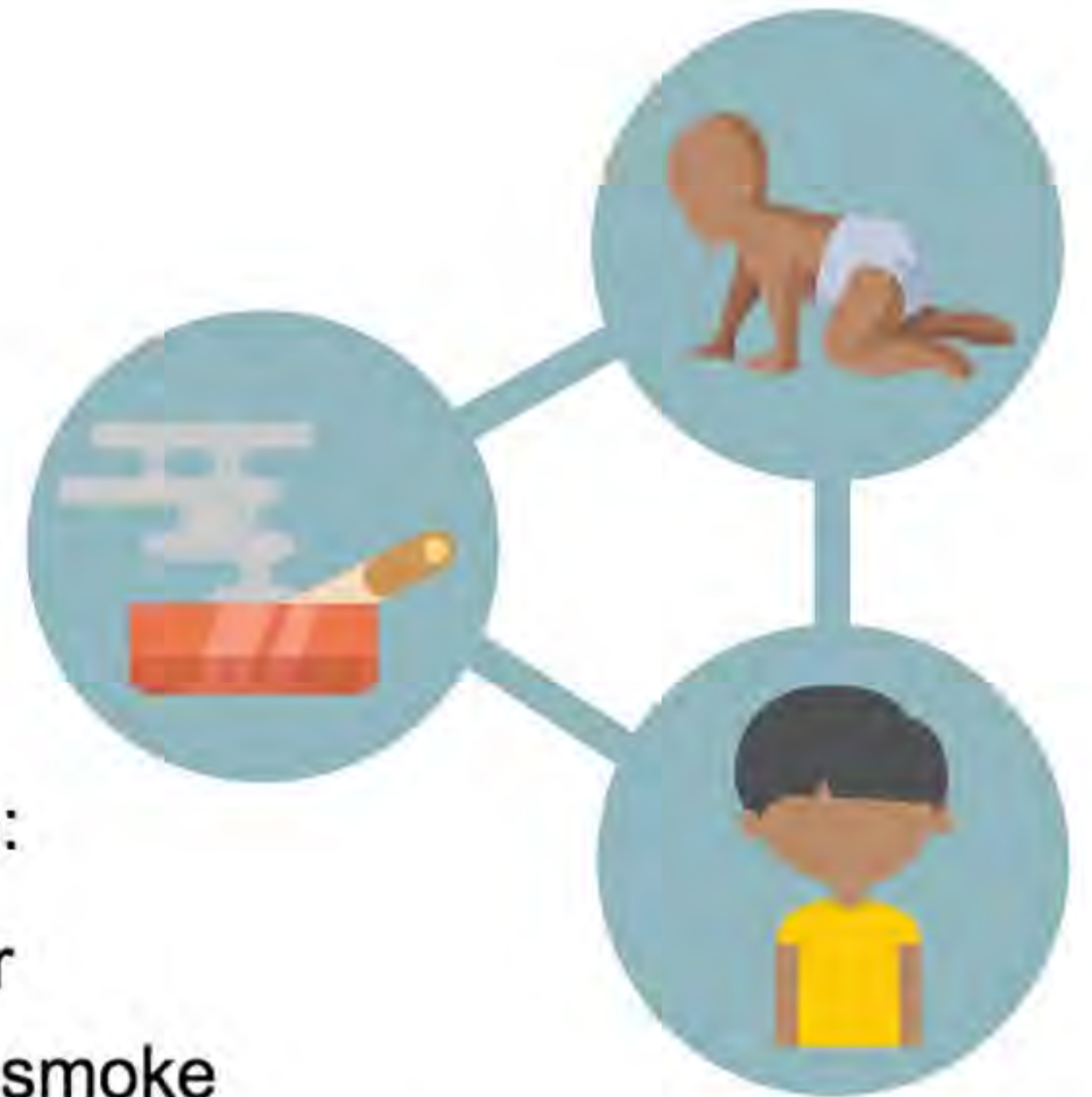
Reducing Secondhand Smoke

Secondhand smoke CANNOT be removed by:

- Opening a window
- Turning on a fan
- Closing a door or smoking in another room
- Using air freshener

The BEST way to prevent secondhand smoke is to:

- Ask others not to smoke in your home or car
- Have a special area outside for people who smoke
- Remove ashtrays, lighters, and other smoking products from your home
- Wash your hands, brush your teeth and change clothes after smoking
- Thank your family and friends for their support



Electronic Cigarettes and Vaping

Electronic cigarettes (e-cigarettes) create a vapour that is inhaled.

E-cigarettes do not burn or use tobacco meaning they have less tar and other toxic ingredients found in regular cigarettes.

However, e-cigarettes may still have other toxins and some have nicotine.

There is not much known about the safety of using e-cigarettes while pregnant so it is best not to use them.





Smoking and Breastfeeding

You can breastfeed if you smoke.

However, the nicotine from smoking can get into breastmilk.

It is not known what the long-term effects might be on a baby.

If you smoke, you can make it safer for your baby to breastfeed by:

- Cutting back on how much you smoke
- Trying not to smoke just before or during breastfeeding

If you have smoked before breastfeeding:

- Change your clothes
- Wash your hands
- Brush your teeth or use mouth wash



Nicotine Replacement Therapy (NRT)

Nicotine Replacement Therapy (NRT) gives the body nicotine through a patch or gum without the other harmful chemicals found in cigarettes.

NRT along with counselling can help some people quit smoking and manage withdrawals from nicotine.

Not much is known about the effects of NRT during pregnancy.

However, pregnant women who are having difficulty quitting even with the help of counselling can talk to their doctor about the benefits and risks of NRT.

NRT may also be used while breastfeeding. Talk to your doctor.

Supporting Women On Their Journey

Partners, families, and friends can support women to not smoke during pregnancy by:

- Not smoking around her, in the house or car
- Not smelling like smoke - wash your hands, change clothes, brush your teeth, use mouthwash or chew gum
- Cleaning up cigarette butts and ashtrays
- Finding activities to distract her when she has cravings
- Being patient as she may be more irritable when not smoking
- Reducing some of her stress (ask her what would help)
- Recognizing her efforts and celebrating small successes



What can I do if I smoke?

It may be a struggle to not smoke, but every little step you take helps you and your baby. Steps could be to:

- Quit smoking for awhile, or forever, if you can
- Cut back on how much you smoke or how often
- Take care of your health

Taking care of yourself also helps take care of your baby.

Here are some things you can do:

- Attend your prenatal appointments
- Be active when you can, rest when you need
- Eat foods that you like that have lots of nutrients - vegetables and fruits, milk or milk alternatives, whole wheat grains, fish, meats and alternatives
- Drink lots of water
- Reduce stress - talk with a friend, take a bath, go for a walk



You Are Not Alone!



Where To Find Help

There are lots of places that offer support for those wanting to quit!

Talk to your Public Health Nurse or your Doctor.

Smokers Helpline offers one-to-one counselling and support online and over the phone. It is free and confidential. Call 1-877-513-5333.

The booklet called "For Smokers Who Want To Quit" is available by calling 774-7483 or 1-888-532-6982

In-person support is available through the Kick Butt Program at the Wellness Institute at Seven Oaks Hospital. Call 632-3900.