

TOBACCO + NICOTINE

TOBACCO + NICOTINE + PREGNANCY

Tobacco is a leafy plant that contains large amounts of nicotine, a chemical that affects the brain.

Most of the health problems associated with tobacco products are thought to be the result of smoking, and not related to the nicotine.^{73, 74, 75} That's why smokeless nicotine delivery systems like gum, patches, and e-cigarettes are considered to be less harmful.

E-cigarettes (vapes) have only been around for a few years, so we don't have very good information about their health effects, but the information we do have suggests that they are less harmful for you than smoking.



Every person is different, but in general, this is a list of tobacco and nicotine products, from most harmful to least harmful:^{62, 73, 75, 76, 77}

- cigarettes
- cigars
- pipes
- hookah
- chewing tobacco
- snuff
- e-cigarettes and vaping *
- patches
- gum and lozenges

* What you vape matters.

Some vape juices have very highly concentrated nicotine. Some have less - or none.

Unregulated vape products, like those containing vitamin E oil, have been associated with serious respiratory illness.

TOBACCO + NICOTINE + PREGNANCY

Most of the information we have about the effects of tobacco and nicotine on pregnancy comes from research about smoking during pregnancy. Most of that research is on pregnant people who smoke cigarettes. So there is not good information separating the effects of smoking from the effects of nicotine.

The effects of nicotine on pregnancy may be similar to the effects of other stimulants. Babies might experience nicotine withdrawal which might make them irritable and hard to console.^{82, 83}

Next to getting good prenatal care, quitting smoking may be the single best thing you can do to have a healthy pregnancy. Ask for help.

Smokefree: Pregnancy and Motherhood
www.women.smokefree.gov/pregnancy-motherhood

Smoking cigarettes has been linked to **early birth, lower birth weight, placenta problems, birth defects, breathing problems** for the baby as they grow, and even **sudden infant death syndrome (SIDS)**.^{82, 83}

Nicotine has been shown to affect the development of the baby's brain and may increase the risk of attention deficit disorders.^{17, 79, 80, 81}



TOBACCO + NICOTINE + LACTATION

Smoking may **decrease milk production** and/or cause the milk to **dry up earlier**.

Nicotine and other harmful substances in cigarettes can pass to the baby from human milk.

Nicotine and other harmful substances can pass to the baby from human milk after vaping.

It's important to remember that even though there are risks from smoking and breast/chestfeeding, it is still considered **better to breast/chestfeed and smoke than to formula feed and smoke.**^{18, 84, 85}



CHILDREN + SMOKE EXPOSURE

Children that are exposed to second-hand or third-hand smoke (residue left on clothes or surfaces in the home) can have increased risk of ear infections, coughs cold, breathing problems (asthma, bronchitis and pneumonia), tooth decay and ongoing exposure to cancer-forming chemicals formed by cigarette smoke or vapes.

Children with this exposure could grow up to have increased risk of cataracts, heart and lung disease and asthma.



Source: American Academy of Pediatrics. "How Parents can Prevent Exposure to Thirdhand Smoke." 2017.

What treatment options are available for people who are pregnant?

There are many different options to help people **reduce or quit smoking**. You can get patches, gum, lozenges, or e-cigarettes without a prescription. Insurance may cover gum, patches, or lozenges with a prescription from a healthcare provider.

Healthcare providers can also prescribe **nicotine nasal sprays, inhalers, or medications** like bupropion (Wellbutrin®) or varenicline (Chantix® and Champix®) to help their patients reduce or quit smoking. These medications have not been approved for use during pregnancy, but they may be **safer than continuing to smoke** and **should be discussed with your doctor**.



SMOKING CESSATION: HELP QUITTING

"Quitting smoking is one of the best things you can do for a healthy pregnancy and a healthy baby. But that doesn't make quitting easy. Whether before, during, or after baby, we have the tools and support to help you quit and stay quit."

- Smokefree Woman

Smokefree Women

- [Smokefree texting program](#) 
- [Build Your Quit Plan](#) 
- [Using Medications to Help You Quit](#) 
- [Smokefree Apps](#) 

Smokefree: Pregnancy and Motherhood

- [Quitting While Pregnant](#) 
- [Smokefree Motherhood](#) 

Smokefree: This Free Life



1-800-QUIT-NOW
(1-800-784-8669)
1-877-44U-QUIT
(1-877-448-7848)

live chat on website