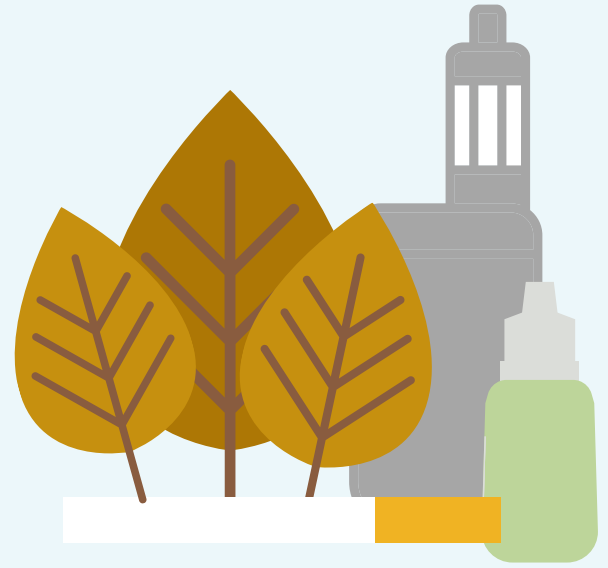


TOBACCO, NICOTINE, + ASEMAA



TOBACCO + NICOTINE + PREGNANCY

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

For adults, most of the health problems associated with commercial tobacco are thought to be the result of smoking, and not related to the nicotine.⁹⁶⁻⁹⁸ That's why smokeless nicotine delivery systems like gum, patches, and e-cigarettes are thought to be less damaging to health.

E-cigarettes (vapes) have only been around for a few years, but the information we have suggests that they are very likely to be safer compared to continued smoking, but not as safe as quitting altogether.

Every person is different, but in general, this is a list of tobacco and nicotine products, from most harmful to least harmful:⁹⁶⁻¹⁰⁰

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

What you vape matters. *

Understand how much nicotine is in what you're vaping. Make sure your vaping products come from a reliable source. Unregulated vape juices contaminated with vitamin E acetate are strongly associated with serious lung injury.¹¹⁷



CULTURAL CARE: ASEMAA (TOBACCO)

Michigan is home to many Indigenous Peoples who hold **asemaa (tobacco)** as a **sacred medicine**, used in prayer, ceremony, and offerings.

During pregnancy, it is important to honor both traditional teachings and health guidance.

While sacred tobacco use in spiritual practices continues to be respected, avoiding commercial tobacco during pregnancy helps protect both the life-giver and the baby.

Supporting our future generations means finding balance between culture and care.

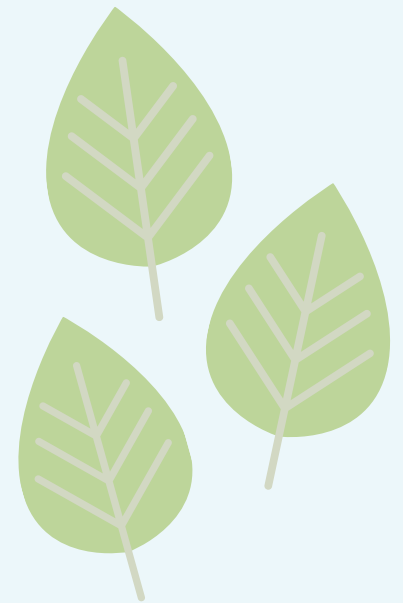
The information in this box was graciously provided by Miigwech Inc.



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Parent leaders play an essential role in education, outreach, policy change, and bettering our communities from the inside-out. Mitten Mommas has designed and co-created a national parent leadership program, and we provide consultation, workshops, discussion panels, and more to help you or your organization work towards systems change. www.miigwechinc.org/mitten-mommas



TOBACCO + NICOTINE + PREGNANCY

Most of the research regarding tobacco, nicotine and pregnancy is conducted with pregnant people who smoke cigarettes.


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.^{101, 102}


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.

Smoking cigarettes has been linked to **early birth, lower birth weight, placenta problems, birth defects, and breathing problems** for the child as they grow up. Smoking is also linked with Sudden Unexpected Infant Death Syndrome/Sudden Infant Death Syndrome (SUID/SIDS) which is unexpected death under one year of age.^{20, 103-105}

People who are able to reduce their smoking or quit during pregnancy decrease the risk of SUID by 12 to 21 percent, so it is recommended to smoke as few cigarettes as possible.¹⁰³

Nicotine has been shown to affect the development of the baby's brain and may increase the risk of attention deficit disorders.^{20, 103-105}

Michigan Tobacco Quitline: Call 1 (800) 784-8669 or visit michigan.quitlogix.org 

Royal College of Obstetricians and Gynecologists: nhs.uk/pregnancy/keeping-well/stop-smoking 



TOBACCO + NICOTINE + LACTATION

Smoking may **decrease milk production** and/or cause your milk to **dry up earlier**.^{20, 106}

Nicotine and other harmful substances in cigarettes can be passed to the baby through human milk.^{21, 106}

Nicotine and other harmful substances are thought to pass to the baby through human milk after vaping.

It's important to remember that even though there are risks associated with smoking and breast/chestfeeding, it is still considered **better to breast/chestfeed and smoke than to formula feed and smoke**.^{21, 106, 107}



CHILDREN + SMOKE EXPOSURE

Children who are exposed to second-hand or third-hand smoke (residue left on clothes or surfaces in the home) can have an increased risks of ear infections, coughs, colds, breathing problems (asthma, bronchitis and pneumonia), and tooth decay. Ongoing exposure to the cancer-forming chemicals in cigarette smoke or vapor can also increase risks for breathing difficulties.

Children with these exposures may 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**.



HARM REDUCTION: VAPING + E-CIGARETTES

Cigarette smoking causes significant health problems for both people who are pregnant and those who are not. While using e-cigarettes is not as safe as quitting, **switching to exclusive vaping is a healthier choice than exclusive cigarette smoking**.¹⁰⁸

We are learning more about e-cigarette use in pregnancy. **While we know that the nicotine in both cigarettes and e-cigarettes has the potential to cause harm to a fetus, we also know that e-cigarettes have fewer of the harmful products related to combustion** that are present in standard cigarettes.

- **Safest:** Quitting nicotine and tobacco use altogether
- **Safer:** Quitting with therapies like gum, patches, or bupropion
- **Safer:** Quitting using an e-cigarette
- **Least safe:** Continuing to smoke




The evidence is becoming more clear that exclusively using e-cigarettes is safer than smoking cigarettes in pregnant people.¹⁰⁹⁻¹¹⁴ In the UK, the national health service encourages pregnant people who smoke to switch to e-cigarettes, even providing them with equipment and supplies!¹¹⁵

It is unclear whether smoking and vaping is healthier for pregnancy than just continuing to smoke without vaping - even if you use fewer cigarettes.¹¹²

Most people who quit smoking with e-cigarettes are not able to switch completely right away - and many experience a period of weeks, months, or even years of using both.^{114, 116} Whether or not it is healthier for you probably depends on your patterns and amount of use, but scientists aren't sure yet.

When making the decision about whether to quit smoking with the help of a vape, it's important to consider what it would mean for you - not just during your pregnancy - but for the rest of your life. **Quitting smoking is one of the best things you can do for yourself, your pregnancy, and your future.** If you have tried quitting before - but other quit methods didn't work for you - vaping might help.

SMOKING CESSATION: HELP QUITTING

MI Tobacco Quitlink - A State-Sponsored Program
michigan.quitlogix.org/en-us 

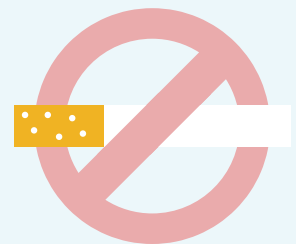
The Quitline is free to participants.

Your public health department, health plan, or employer pays the program costs. If you choose to use nicotine quit medications, such as nicotine gum or patches, you may be eligible to receive 2 weeks or more for free. After that, there may be a cost for medication.

Enroll at michigan.quitlogix.org/en-US/get-started 

ACOG Committee Opinion:

[Tobacco and Nicotine Cessation During Pregnancy](#) 



1-800-QUIT-NOW
(1-800-784-8669)

Chat with a coach.
Coaches are available
24 hours, 7 days a
week.

RESOURCES AND TOOLS

Pregnancy and Tobacco Use

Quitting smoking cigarettes is hard, and it is one of the best ways you can protect you and your baby's health. The good news is most people quit successfully during pregnancy and getting help can make the process easier and increase your chance of quitting for good.

michigan.quitlogix.org/en-us/about-quitting/tobacco-and-you/pregnancy-and-tobacco-use/

 1-800-784-8669

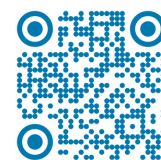


Freedom From Smoking

Freedom From Smoking® is a flexible online course by the American Lung Association that includes nine sessions to be completed over six-weeks. They also provide workbooks, resources, and support groups to help you reach your goals.

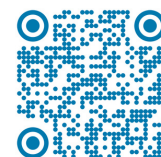
www.freedomfromsmoking.org

 1-800-586-4872



Smokefree: Pregnancy and Motherhood

www.women.smokefree.gov/pregnancy-motherhood



Staying Smokefree After Giving Birth

smokefree.gov/quit-smoking/quitting-while-pregnant/stay-smokefree-after-giving-birth



NOTES:
