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## Smoking during Pregnancy

### Abstract

Smoking when pregnant puts both you and your unborn child at risk for health issues. Passive smoking has the potential to injure both you and your unborn child. According to Australian surveys, approximately 10% of pregnant women smoked in 2016. Smoking while pregnant puts you at risk for a variety of issues, including miscarriage and premature labour, and you're twice more likely to give birth to a low-birth-weight baby than a mother who doesn't smoke. Low birth weight babies are more likely to die and are more prone to illness, respiratory problems, and long-term health issues as adults. The more cigarettes you smoke during your pregnancy, the more likely you are to have complications and a baby with a low birth weight. There is no strong evidence, however, that reducing the amount or strength of cigarettes you smoke decreases the risks to the foetus. Stopping smoking as soon as possible is a much healthier choice for your and your baby's wellbeing.

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## Introduction

### Smoking-related pregnancy risks

The following are some of the pregnancy risks that women who smoke are more likely to encounter: Ectopic pregnancy—a pregnancy that occurs outside of the uterus, most often in the fallopian tube, fetal death refers to the death of a baby in the womb (stillbirth), abortion—a spontaneous abortion, issues with the placenta, such as early detachment from the uterine wall and blocking the cervical opening (placenta previa), premature membrane rupture, pre-term labour, effects of smoking on the foetus during pregnancy.

When you smoke a cigarette while pregnant, you deprive your unborn child of oxygen and expose them to a mixture of chemicals, including chemicals that cause birth defects. The following are only a few of the many negative effects of cigarette smoke on the foetus: Reduced oxygen supply due to carbon monoxide and nicotine, retarded growth and development, increased risk of cleft lip and cleft palate, diminished foetal movements in the womb for at least an hour after smoking one cigarette, impaired development and functioning of the placenta, improvements in the baby's brain and lungs are just a few of the many negative effects of cigarette smoke on the child. Smoking during pregnancy causes birth defects.

Smoking during pregnancy causes a variety of concerns, including: increased risk of premature birth, increased risk of miscarriage and child mortality, lower birth weight—on average, 150 to 200 grams less than usual, up to three times the risk of sudden unexpected death in infancy (SUDI).

### Breastfeeding and smoking

About two-thirds of pregnant women who quit smoking start it after their babies are born. While smoking while breastfeeding is not ideal, it is preferable to not breastfeeding while smoking. It is extremely beneficial to quit smoking while breastfeeding. Any of the chemicals in cigarettes will move from you to your baby via your breast milk, which can cause complications if you smoke while breastfeeding. Smoking can cause a decrease in milk production. Smoking mothers are less likely to breastfeed their infants and are more likely to wean them earlier than non-smoking mothers. Smoking during pregnancy may have long-term implications for your child.

Smoking when pregnant can have a long-term negative impact on your child's health. Weakened lungs, increased risk of asthma, low birth weight, which has been attributed to cardiac disease, type 2 diabetes, and high blood pressure in adulthood, increased risk of becoming overweight and obese in infancy, and increased risk of attention deficit hyperactivity disorder (ADHD). Smoking cessation during pregnancy: A pregnant woman should quit smoking as much as possible. When a pregnancy is expected or confirmed, fewer than half of women quit. Seek advice and information from a health professional if you need assistance quitting.