



# Smoking: What's True and What's Not

## Smoking During Pregnancy and After Your Baby is Born

**Not True:** I smoked during my last pregnancy and had a healthy baby, so this baby will be healthy too.

**True:** Every time you smoke while you are pregnant, you expose your baby to harmful chemicals. Even if your pregnancies in the past were OK, anytime you smoke during a pregnancy, you put your baby at risk.

**Not True:** I am already pregnant. There is no point in stopping now. The harm is done.

**True:** The moment you quit smoking, your baby will be healthier. When you smoke while you are pregnant, your child gets less oxygen and their risk of premature death goes up. If you quit before the second half of pregnancy, your risk of having a baby who is low birth weight, or who has lung problems, is the same as a non-smoker.

**Not True:** Smoking relaxes me, and being relaxed is better for me and my baby.

**True:** While you may feel calm, the effects on your baby are the opposite. Your baby's heart rate and blood pressure will go up, while less oxygen gets to their lungs when you smoke.

**Not True:** If I smoke, I should not breastfeed my baby.

**True:** Breast milk gives your baby the best nutrition for healthy growth and development. It is always important to stop smoking, but it is also important to breastfeed even if you do smoke. If you do smoke and choose to breastfeed, don't smoke just before or during breastfeeding in order to limit your baby's exposure to second hand tobacco. Very little nicotine actually crosses into your breast milk and this is of no concern to your baby.

**Not True:** Smoking in a room away from my baby or outside is okay.

**True:** Smoke can travel through walls and vents if you are indoors, and outdoors, the chemicals can stick to your skin and clothes, exposing your child to poisons that raise your child's risk for: illnesses, lung problems (like asthma) and even Sudden Infant Death Syndrome (SIDS).

**Not True:** Sudden Infant Death Syndrome (SIDS) is more often caused by sleeping wrong, not smoking.

**True:** Both the baby's sleeping position and exposure to second hand smoke are important risk factors for SIDS. The risk of SIDS is up to 21 times higher if a baby sleeps in the same bed with a parent who is a smoker. It is recommended to not smoke during and after pregnancy and always use the **ABCs of Safe Sleep** – always have your baby sleep **Alone**, on his or her **Back**, and in a **Crib**, without blankets and toys.

**Not True:** A little smoking will not hurt me or my child.

**True:** Every cigarette smoked near your child is harmful to them. There is no safe level of exposure to tobacco smoke.

## Quitting Smoking

**Not True:** It's too late to quit – the harm is already done.

**True:** The sooner you quit, the sooner your health will improve - literally within minutes of quitting. In just one day after quitting, your chance of having a heart attack goes down and at one year, the risk of having a heart attack is cut in half.



### Not True: Quitting smoking will be easy for me.

True: Most people will need to try to quit smoking many times before they actually succeed. Every attempt to quit smoking is important, makes it easier to quit for good, and is a step in the right direction.

### Not True: The nicotine patch, gum and related products are just as bad as smoking.

True: When people use the patch and other forms of nicotine replacement to stop smoking, they cut out 7,000 poisons that cause cancer, lung and heart disease from the body. The nicotine from the patch is present in small amounts compared with smoking, and helps smokers beat their addiction and the unpleasant withdrawal symptoms from quitting. The patch and other forms of nicotine replacement medication do not cause cancer; you are not inhaling smoke, so there is no risk to your lungs. The nicotine from these products almost never creates addiction, and compared with smoking, have very little risk of heart problems.

## E-Cigarettes and Vaping

### Not True: E-cigarettes are a healthy option.

True: E-cigarettes are **not** a healthy option. E-cigarette vapor is known to cause lung and eye irritation, cancer, and destroy cells. Nicotine from e-cigarettes is addictive, raises the heart rate and can clog arteries.

### Not True: Second hand e-cigarette “vapor” is harmless.

True: E-cigarettes are **not** harmless. They give off poisons, not just water vapor, as many people think. E-cigarette vapor can cause eye, throat, and airway irritation in children who are exposed even over short amounts of time. E-cigarette vapor can contribute to asthma, colds, and skin problems in children. Research also shows that nonsmokers who are exposed to e-cigarettes absorb the addictive nicotine and other poisons from the air.

### Not True: E-cigarettes are less harmful to bystanders than traditional cigarettes.

True: Not necessarily. Air pollution at a recent e-cigarette event was higher than the level of air pollution in cafes and bars that allowed cigarette smoking. Also, the World Health Organization showed that the level of some metals in e-cigarette vapor is higher than levels in cigarette smoke.

### Not True: E-cigarettes help smokers quit smoking.

True: Sadly, research suggests that e-cigarettes do not help smokers quit smoking. Some studies show no help and others show e-cigarette smokers are much less likely to quit. As of now, e-cigarettes are not recommended to help quit smoking by the FDA, CDC, or other scientists. Contact the Ohio Tobacco Quit Line at 1-800-QUIT-NOW (784-8669) or at <http://ohio.quitlogix.org/> for FREE help to quit smoking.

### Not True: “Nicotine-free” vaping liquid is truly nicotine-free and totally safe.

True: Vaping liquid is **NOT** nicotine free, can be addictive, and is **NOT** safe.

## Other Types of Tobacco

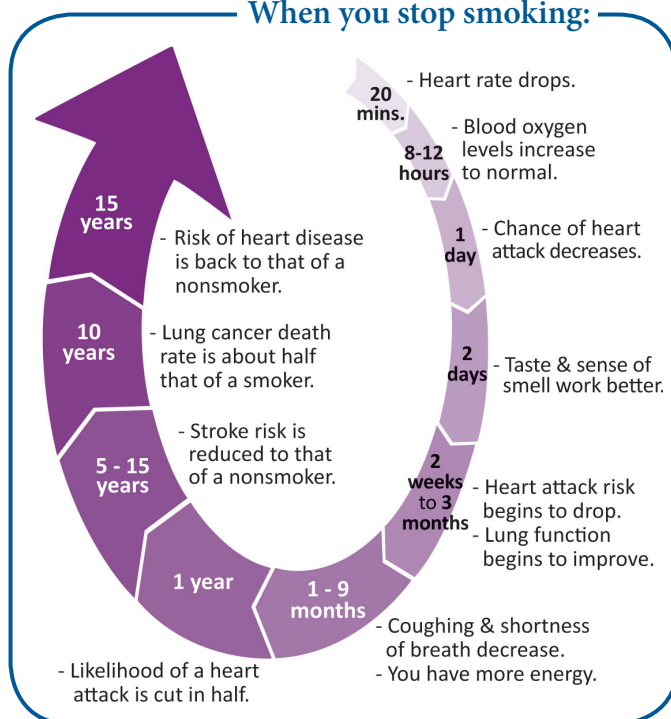
### Not True: “Light” cigarettes and “natural” cigarettes are safe.

True: The smoke delivered by “light,” “natural,” or “organic” cigarettes is the same as any other cigarettes and all of them have addictive levels of nicotine. Cigarette makers use these labels to trick people into thinking they are protecting their health.

### Not True: Smokeless tobacco products are safe to use around children.

True: Smokeless tobacco products do not have the same risk of second hand and third hand smoke to a baby. Young children are still at risk because they tend to put everything in their mouth. Children can get very sick from chewing these items. Make sure you lock up all medicines and cleaning products in the house, including e-cigarette “juice” and nicotine replacement products such as the nicotine patch or gum.

## When you stop smoking:



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