

# TOBACCO/NICOTINE EXPOSURE DURING AND AFTER PREGNANCY

Using tobacco products and other products that contain nicotine (vapes, e-cigarettes, etc.) before, during, or after pregnancy is dangerous to the mother, the fetus, and the future child.



## General Maternal Health

Maternal tobacco use during pregnancy has been associated with decreased maternal thyroid function, as well as the long-term heart and lung issues seen in any tobacco user.

## Pregnancy

- Nicotine is a known teratogen and its use early in pregnancy has been associated with certain birth defects including cleft palate, arm/leg malformations and gastroschisis (opening of the abdomen).
- Nicotine is a known risk factor for preterm birth and stillbirth, as well as placenta previa, preterm rupture of membranes, placental abruption, and ectopic pregnancy.
- Maternal smoking during pregnancy is associated with poor fetal growth leading to infants born small-for-gestational-age.
- Maternal smoking during pregnancy is a risk factor for SIDS.
- Maternal smoking during pregnancy has been associated with an increased risk of infant colic leading to uncontrollable crying.
- Maternal smoking during pregnancy has been associated with impaired permanent brain damage leading to poor executive function, altered intelligence, and auditory functioning. Other studies have also shown an association with later diagnoses of ADHD as well as other behavioral and emotional disorders.
- Maternal smoking during pregnancy may be associated with an increased risk of addiction in offspring.

- Maternal smoking during pregnancy may be associated with an increased risk of later cardiovascular and lung problems in offspring, as well as problems with the immune system in young children and even an increased risk for childhood obesity.
- Several of these problems have been linked to a general higher health care service use including presentation to the ED and/or admission to the hospital in exposed children.

## Breastfeeding

Use of nicotine products is associated with the reduced production of milk and shorter lactation.

## Secondhand Smoke

Exposure to secondhand smoke from either parent is associated with an increase in SIDS, asthma, and other respiratory illnesses.

## Ingestion

Accidental or intentional ingestion of tobacco or nicotine products can result in intoxication leading to a variety of symptoms and even death in rare circumstances.

## Conclusion

The American Academy of Pediatrics and the American College of Obstetrics and Gynecology strongly recommend that women stop smoking prior to pregnancy and refrain from tobacco/nicotine exposure during and after pregnancy and during breastfeeding.

## CITATIONS:

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