



NON-SMOKER? YOU CAN STILL LOSE YOUR BABY TO SMOKING.

March 7, 2018 Team : She and You SAY IT! Baby, Female Reproductive Cycle, Menstruation, Sexual Health, smoking, Smoking effects, smoking kills



Second-Hand Smoking Also Kills

You might not be a puffer, but second-hand smoke is equally dangerous. Second-hand smoke is nothing but a combination of sidestream and mainstream smoke. The smoke, which comes from the burning end of a cigarette, is termed as sidestream smoke and the smoke that is exhaled by the

smoker is mainstream smoke. Being exposed to second-hand smoke affects a woman's fertility and pregnancy. Smoking and exposure to second-hand smoke increase the risk of reproductive and sexual health issues like:

- Miscarriages and Sudden Infant Death Syndrome (SIDS) after birth. This indicates that there is a direct impact of tobacco on the infant mortality rate.
- Infertility as it harms the eggs in women
- Premature deliveries and also prevents the babies from growing optimally whilst in the mothers' wombs
- Ectopic pregnancy
- Placental abnormalities
- Bleeding
- Impaired lactation
- Lessened amounts of oxygen and nutrients in the foetus

Second-hand smoke not just affects the mother, but might also affect the fetus, newborns and children with severe issues like:

- Fetal growth retardation
- Small for gestational age
- Increased fetal heart rate
- Chronic fetal hypoxia
- Perinatal death
- Preterm delivery
- Low birth weight
- Abnormal blood pressure in infants and children,
- Cleft palate
- Leukemia
- Infantile colic

Respiratory disorders

- Eye problems
- Mental retardation
- Attention deficit disorder
- Behavioural problems and other learning and developmental problems in the affected children and so on

Third-Hand smoking is also deadly

There is yet another type of smoking which is as harmful to a child – third-hand smoking. When tobacco burns, it releases nicotine in the form of a vapour. This vapour then attaches itself to surfaces like walls, floors, carpets, drapes, and furniture. Children are more sensitive to being exposed to third-hand smoke because they breathe, crawl on, play on, touch, and even taste (because they often put their hands in their mouths) surfaces contaminated with tobacco residue. This is nothing but a form of third-hand smoking.

Just like first-hand smoking, second-hand smoke and third-hand smoke are equally dangerous as they contain more than 7000 chemicals and about 70 of these can cause cancer. This shows that there is an urgency to control the consumption of tobacco and the target population to do so must include adolescent girls, pregnant women and older women. Some more statistics that will probably shock you:

According to **Global Adult Tobacco Survey (GATS)**, some of the findings related to tobacco use among women are:

- Over 90% women tobacco users consume smokeless tobacco (a large number of these users are in the reproductive age group)
- The average age at initiation of tobacco use was 17.8 years with 25.8% of women starting tobacco use before the age of 15

Apart from cigarettes, **Smokeless Tobacco** can also be dangerous for human life. It is a form of tobacco which is consumed without burning, for instance chewing like gutkha, zarda, khaini, masher and mawa. It is unthinkable how horrible the consequences of smoking are, for men, women and children alike. It is high time we curb their exposure to smoke, and ensure a healthy environment for a better, cleaner future.



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