

# Smoking and Its Effects on Pregnant Women

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## Introduction

Tobacco is a plant which contains nicotine. We all know tobacco is very injurious to health and there is no safe form of tobacco use. Now a day's most of the youth is getting affected with lung cancer, heart diseases, tuberculosis, eye diseases because of taking excessive amount of tobacco. Especially it is more dangerous to women during the pregnancy time and before the pregnancy because if her husband is having the habit of smoking it is injurious to both of them and leads to sexual issues. Women who are having smoking habit have less chance of getting pregnancy. During pregnancy people with smoking habit will have more complications. Babies who are exposed to smoke while in the womb or after the birth more likely to have sudden infant death syndrome and these babies will have weaker lungs compared to other babies. Babies who don't expose to smoke have healthy lungs they have less chances of getting sudden infant death syndrome. In order control the tobacco use one must have control on their feelings, emotions, they should not go for smoking while they are under stress, sad, having an argument or while having a tea or coffee, Instead of smoking they should get busy with others and people who want to quit smoking should have family support and they should practice some exercises and yoga so that they don't think about smoking, some people think smoking one cigarette a day causes less harm but it is totally wrong even one cigarette per day cause coronary diseases. In some people we will notice weight loss in some other people we can see hair loss and there are more disadvantages of smoking. people who have long term smoking can be noticed easily by their skin changes, burns and their teeth become yellow, their nails become yellow, their lip

colour changes and the smell of smoke while they talk. Especially women with long-term smoking will have painful periods or irregular periods and have very low estrogenic levels and have more mood swings etc. compared to men women are more likely to get chronic obstructive pulmonary disease and this makes it hard to breathe. A smoke free home is very important for a child's health. Quitting is one of the best and major parts you can do for your baby's health. There are some foods which help in quitting smoke are fruits and vegetables, ginseng tea, milk and dairy, sugar free gums and mints and taking more leafy vegetables cigarettes blocks absorption of nutrient from the food which leads to some vitamin deficiency and later causes heart and lung diseases. Many people don't know lungs are the self-cleaning. The lungs are remarkable organs whenever people quit smoking they start heal themselves in a timely manner and regenerate. There are some herbal cigarettes they do create smoke but people think they are not dangerous to health but they do give some particulates and carbon monoxide and even it is dangerous to health. People who want to quit smoking should try nicotine replacement therapy, remind you of the benefits, and call for reinforcements practice relaxation techniques. Worldwide about eight million people die because of tobacco use. So keeping all this in mind one should quit smoking to lead a happy life and family.

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## Conflict of Interest

Author has no conflict of Interest.