

tpcp fact sheet

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Tobacco
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Program

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The Effects of Tobacco Use on Women

- Since 1987, **lung cancer** has been the leading cancer killer among women, surpassing breast cancer.
- Tobacco use can lead to **irregular periods**, mood swings, and cramps.
- If you are taking birth control pills, smoking increases your risk of stroke, heart attacks, and **blood clots**.
- Smoking worsens **asthma** and counteracts asthma medication.
- Women smokers have a more **masculine pattern** of body fat distribution (i.e., a higher waist-to-hip ratio) than do women who have never smoked.
- Women who smoke have lower bone density than nonsmokers. This increases the risk for **hip fractures**.
- Women who smoke have a 13% greater chance of dying from Chronic Obstructive Pulmonary Disease (**COPD**) and may need to be on oxygen for the remainder of their lives.
- Tobacco use **complicates pregnancy**.
 - Tobacco use can make it difficult to get pregnant.
 - Women who smoke may have an increase in risks for ectopic pregnancy and **spontaneous abortion**.
 - Women who use tobacco have a greater chance of having **premature** or low birthweight babies.
 - Smoking in pregnancy and around a baby increases a baby's chances of dying from Sudden Infant Death Syndrome (**SIDS**).

You Can Stop. We Can Help.

The Next Step:

Three Services for People Who Are Ready to Quit

1-800-Try-To-STOP www.trytostopnh.org www.BecomeAnEX.org
(1-800-879-8678)