Smoking and Pregnancy

لا للتدخين من أجل صحتك و صحة الآخرين

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Smoking and Pregnancy

Many smoking women try to stop smoking in pregnancy but often they could not:

The effect of smoking on women before pregnancy

Recent studies have shown that smoking especially more than 20 cigarettes a day can cause:

- Lack of ovulation due to the effects of nicotine and thus delaying pregnancy
- Smoking affects the menstrual cycle to become shorter
- Smoking may cause an ectopic pregnancy due to nicotine that weakens the movement of the fallopian tubes
- Smoking causes lack of blood supply in the uterus, which weakens the fertilized egg to stick on the uterine wall.

Impact of smoking on the fetus and newborn

Common effects of smoking on the fetus of a pregnant so far are:

- Increased risk of abortion due to uterine ischemia due to a direct impact on the fertilized egg.

- Small birth weight. It is evident that children of mothers who smoke during pregnancy are born underweight or the equivalent of 300 grams or more, and this amount is not negligible, especially if the child is born prior to completion of pregnancy and the child exposed to serious health problems mainly to the lack of calcium, iron and sugar

- Premature birth. Born premature has a lot of health problems including lack of iron and calcium

- Lack of oxygen which nourishes the fetus and affects the growth in the uterus.

How does smoking affect the fetus of pregnant women?

The reason for this is the passage of carbon monoxide to the blood of the fetus and placenta, exposing the fetus to chronic lack of oxygen.

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Effects of passive smoking on the fetus

Passive smoking refers to the person who is exposed to smoke. It has proven to be subjected to passive smoking pregnant affects the fetus the same way as direct smoking.

Impact of smoking on fertility of the husband

Smoking affects sperm quality and movement and the number and ability to penetrate the egg.