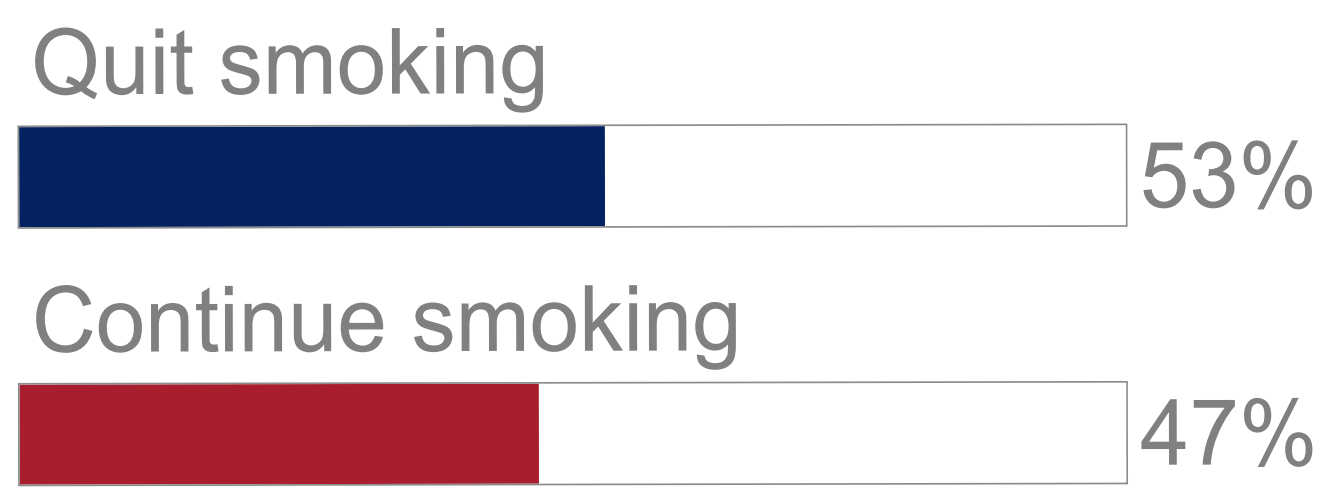


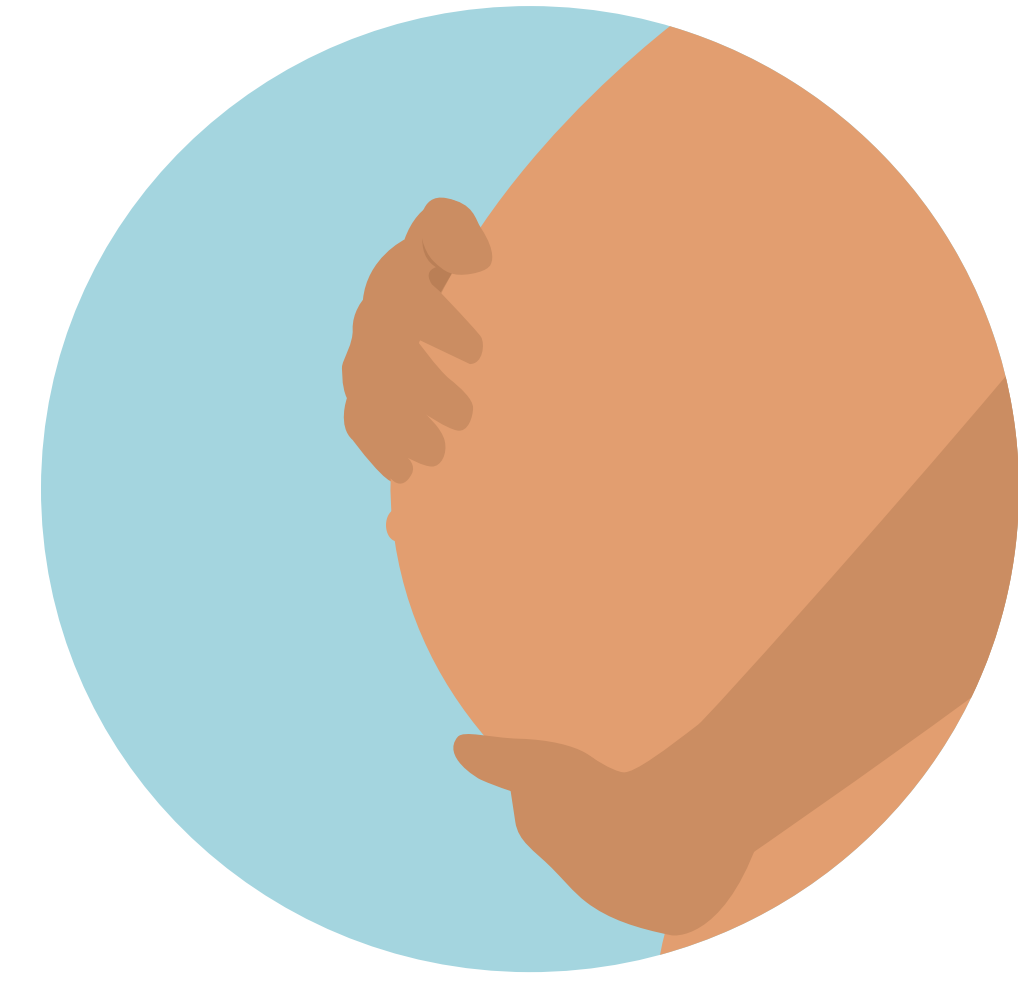
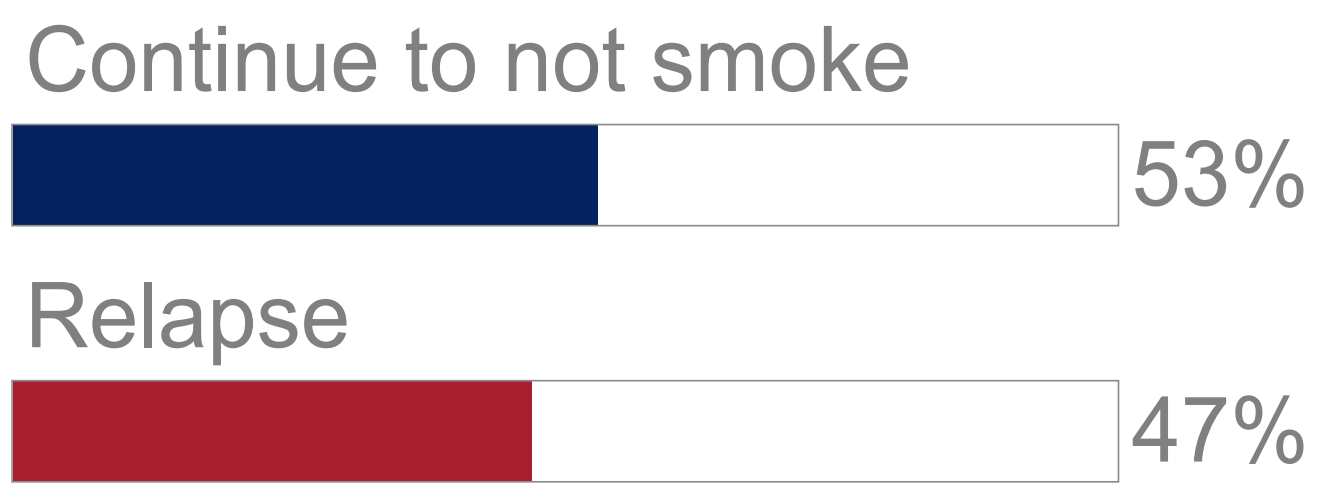
Smoking in Pregnancy

12.5% of Women in Canada Smoke During Pregnancy

In women who smoke during pregnancy:



At 1 year post-partum:



- ! Nicotine is the **MOST COMMON** substance used in pregnancy
- ! Pregnant women are **MOTIVATED** to quit
- ! Quitting has **BENEFITS** at anytime in pregnancy

Effects

Antenatal

- Spontaneous abortion
- Placenta previa
- Placental abruption
- Preterm labour
- PROM*
- IUGR*
- Low birth weight

Neonatal

- Teratogenic
- Increased perinatal mortality
- Stillbirth
- SIDS*

Long Term

- Childhood asthma
- ADHD*
- Behavioural problems

In the office

- ! Screen for tobacco use with **EVERY** patient
- ! Be **NON-JUDGMENTAL** with patient choices
- ! Have frequent and regular **FOLLOW-UP** on patients' cessation efforts
- ! Watch for signs of nicotine **WITHDRAWAL**

Irritability

Fatigue

Anxiety

Insomnia

Restlessness

Poor concentration

Risk Factors for Continued Smoking

- High pre-pregnancy smoking frequency
- Age \geq 35
- Increased stress
- Lack of social support
- Low level of education
- Living with someone who smokes
- Inuit self-identification

Management



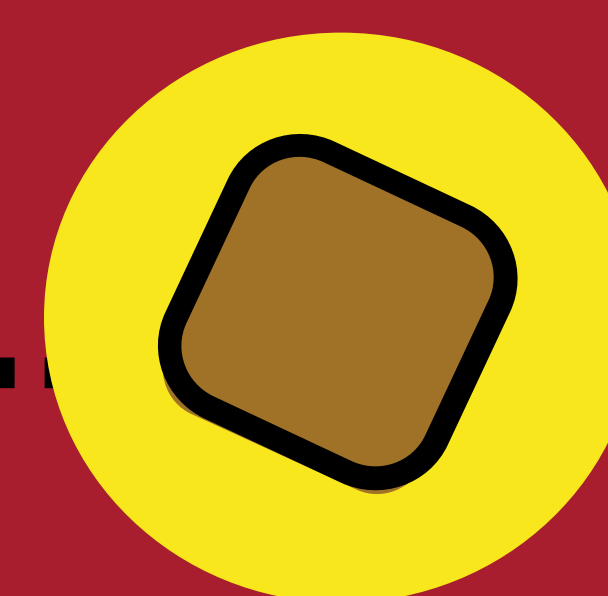
Address social supports



Counselling



Community Resources



Nicotine Replacement Therapy



Bupropion

Psychosocial

- 1st line
- Practice motivational interviewing without judgment
- Educate patients about risks of smoking in pregnancy
- Connect with online resources and community support groups

Pharmacologic

- 2nd line
- Bupropion is Category C during pregnancy
- Nicotine replacement is Category D
- Always use lowest effective use

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