



Ministry of Health
Government of Pakistan

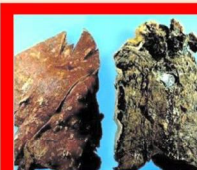
Smoking and Women's Health

Fact-sheet from Tobacco Control Cell, Ministry of Health,
Government of Pakistan

CANCER ✍ Tobacco causes cancers of the lungs, mouth, throat, nose, lips, food-pipe, breasts, kidney, cervix, urinary bladder, pancreas, stomach and is linked with leukemia or blood cancer.

HEART ✍ The risk of heart disease is much higher in smoking women who take birth-control pills.

LUNGS ✍ The capacity of the lungs to absorb oxygen gradually reduces even in young women smokers. This may lead to COPD, a disease when a patient cannot breathe without a constant supply of oxygen.



BONES ✍ Bones of women smokers break and fracture more easily, due to low bone density.

EYES ✍ Smoking causes clouding of the eye-lenses and "tobacco amblyopia" causes blindness.



REPRODUCTIVE HEALTH ✍ Pregnant smokers face a higher risk of miscarriages, emergency caesarean-sections, premature and still-births.

AGING



- ✍ Smoking promotes the formation of age-inducing free-radicals.
- ✍ Nicotine in tobacco reduces oxygen supply to the skin, leading to its darkening, premature wrinkling and aging.
- ✍ Collagen makes the skin elastic and young. Smoking reduces collagen production, causing thinned, sagging and wrinkled skin, beginning as early as at 20.

CHILD-HEALTH



- ✍ Smoking slows the growth of the fetus, leading to low birth-weight in infants.
- ✍ Harmful chemicals in tobacco smoke pass through breast-milk into the baby.
- ✍ Children of smoker parents are at an increased risk for Sudden Infant-Death Syndrome.
- ✍ Lead in Second-hand Tobacco Smoke can reduce the Intelligence Quotient (I.Q.) in children and affect their learning and educational performance.

How to Quit Smoking?

- ✍ Set a date to quit smoking. Throw away cigarettes, lighters and ashtrays. Tell your family and friends about it.
- ✍ Rely on your will-power. You may be stronger than you think!
- ✍ Quitting may cause slight weight-gain. Weight can be lost but lungs cannot!
- ✍ Use peppermints, chewing gums, carrot sticks, or cardamom.
- ✍ Stay busy and avoid situations that trigger an urge to smoke.

SOURCES

✍ http://www.cancer.org/docroot/ped/content/ped_10_2x_women_and_smoking.asp, <http://womenshealth.about.com/cs/azhealthtopics/a/smokingeffects.htm>, <http://www.skin-care-tips-online.com/Smoking-Facts.html>, <http://quitsmoking.about.com/od/weightgain/a/weightgainquit.htm?P=>, http://www.cancer.org/docroot/PED/content/PED_10_13X_Guide_for_Quitting_Smoking.asp?from=fast