

Tobacco and Women

Health Effects

- In 1999, nearly 165,000 U.S. women died of smoking related diseases. Since the Surgeon General's Report on Women and Smoking was released in 1980, about three million women in the United States have died prematurely of smoking related diseases.¹
- In 1987, lung cancer surpassed breast cancer as the leading cause of cancer death in women. Since 1950, lung cancer mortality rates for women have increased 600%.
- Smoking women are at increased risk for other cancers such as, cancer of the bladder, pancreas, kidney, liver, colon, and cervix.
- Women over 35 who smoke and use "the pill" (oral contraceptives) are in a high-risk group for heart disease.
- Quitting smoking lowers your risk of osteoporosis.
- Smoking is linked to increased facial wrinkling.
- Quitting smoking may improve your teeth.²

Smoking is also Harmful to Women's Reproductive Health

- Women who smoke have increased risks for conception delay. Research indicates that women who smoked are about 50% less likely to conceive within 12 months than nonsmokers.³
- Women who smoke are younger at natural menopause than non-smokers and may experience more menopausal symptoms.
- Post menopausal women who currently smoke have lower bone density and have an increased risk for hip fractures than do women who do not smoke.
- Women who smoke are more likely to have a miscarriage or a sick baby.
- Quitting smoking may help regulate your menstrual cycle and reduce premenstrual symptoms (PMS).

Tobacco Companies Target Women and Girls

- Cigarette companies first began targeting women in the 1920's to recruit female smokers, equating smoking with freedom and emancipation.¹
- Marketing cigarettes as "slims" or "thins" plays into social pressures on young women to control their weight, manage stress, and appear grown-up.

Secondhand Smoke, Pregnancy, and Kids

- Research shows that SHS exposure caused by parental smoking, especially the mother's, contributes to 150,000 to 300,000 cases of lower respiratory tract infection (pneumonia, bronchitis and other infections) in infants and children under 18 months of age annually; 7,500 to 15,000 of these cases require hospitalization.⁴
- Side effects of smoking during pregnancy include miscarriage, stillbirths, low birth weight infants, and infant mortality.¹
- Reduced lung function among infants and impaired lung function among girls result from mothers who smoke during and after their pregnancy.¹

For help quitting, call the Utah Tobacco Quit Line at 1.888.567.TRUTH or visit utahquitnet.com

¹ Women and Smoking: A Report of the Surgeon General, 2001. http://www.cdc.gov/tobacco/sgr/sgr_forwomen Accessed August 2006.

² Al-Shammari KF ; Al-Khabbaz AK ; Al-Ansari JM ; Neiva R ; Wang HL, Risk indicators for tooth loss due to periodontal disease. J Periodontol. 2005; 76(11):1910-8 (ISSN: 0022-3492)

³ March of Dimes http://www.modimes.org/professionals/681_1171.asp

⁴ United States Environmental Protection Agency (EPA). *Respiratory Health Effects of Passive Smoking: Lung Cancer and Other Disorders*. Office of Research and Development, EPA/600/6-90/006F, Washington, D.C., December 1992. 8-13. <http://cfpub2.epa.gov/ncea/cfm/recordisplay.cfm?deid=2835>, Accessed August 2006. Also published as National Institutes of Health. National Cancer Institute. *Respiratory Health Effects of Passive Smoking: Lung Cancer and Other Disorders: The Report of the U.S. Environmental Protection Agency. Smoking and Tobacco Control Monograph Number 4*. NIH Publication No. 93-3605, Washington, D.C., August 1993. http://cancercontrol.cancer.gov/tcrb/nci_monographs/MONO10/MONO10.HTM.