1 in 8 women in Alberta use tobacco

Smoking during pregnancy is largely a young women's issue.

... and also depends on where you live

Many pregnant women quit or reduce smoking before their first prenatal visit, but relapse rates are very high postpartum

Overall, smoking during pregnancy is declining in women ages 25-44

Tobacco Affects Women's Health Across the Lifespan

Breast Cancer
Higher risk for women who smoke and who are exposed to second-hand smoke

Menstrual Health
Irregular periods, spotting or cramping

Lung Health
Sex hormones and smaller airways increase women’s risk of respiratory diseases like asthma

Hormonal Birth Control
Increased chance of having a heart attack, stroke or blood clots

Fertility
Earlier menopause and less success with in vitro fertilization

Pregnancy
Can lead to complications such as miscarriage and ectopic pregnancy

Mothering
Second-hand smoke can affect the health of the whole family

Breastfeeding
Nicotine can pass through to breast milk

19% 10% 7.4%
Under 20 Ages 20-29 Ages 30+

15% 20% 15%

39% 15% 7%

Under 20 Ages 20-29 Ages 30+

Alberta Health Services
Tobacco
Helping Girls and Women Quit

Learn More About How to Help Women

Tobacco Reduction | Alberta Health Services. Free and personalized online, phone, text, and group support to reduce and quit tobacco. www.albertaquits.ca

- **Downloadable Workbooks** on quitting tobacco and reducing harm such as the Let's Talk Tobacco: a guide to reduce harm during and after pregnancy. [https://www.albertaquits.ca/quitting/downloads](https://www.albertaquits.ca/quitting/downloads)


- **Tobacco Free Futures Reproductive Years Guideline.** Best practice evidence, treatment principles and approaches for supporting girls and women to stop or reduce use and exposure to tobacco use. [https://www.albertaquits.ca/helping-others-quit/healthcare-providers/tff-special](https://www.albertaquits.ca/helping-others-quit/healthcare-providers/tff-special)