

## The Effects of Tobacco Use on Women

- Since 1987, **lung cancer** has been the leading cancer killer among women, surpassing breast cancer.
- Tobacco use can lead to **irregular periods**, mood swings, and cramps.
- If you are taking birth control pills, smoking increases your risk of **stroke**, heart attacks, and **blood clots**.
- Smoking worsens **asthma** and counteracts asthma medication.
- Women smokers have a more **masculine pattern** of body fat distribution (i.e., a higher waist-to-hip ratio) than do women who have never smoked.
- Women who smoke have lower bone density than nonsmokers. This increases the risk for **hip fractures**.
- Women who smoke have a 13% greater chance of dying from Chronic Obstructive Pulmonary Disease (**COPD**) and may need to be on oxygen for the remainder of their lives.

### Tobacco use complicates pregnancy.

- Tobacco use can make it difficult to get pregnant.
- Women who smoke may have an increase in risks for ectopic pregnancy and spontaneous abortion.
- Women who use tobacco have a greater chance of having premature or low birthweight babies.
- Smoking in pregnancy and around a baby increases a baby's chances of dying from Sudden Infant Death Syndrome (SIDS).