



SECONDHAND AEROSOLS

Although the dangers of breathing in secondhand smoke from a cigarette are well known, the understanding and dangers of secondhand vapor are still being explored. However, people may be underestimating the risk of e-cigarette vapor and the effects it has on others.

The vapor from e-cigarettes is not "just water vapor." It contains several harmful chemicals, such as nicotine, heavy metals, and ultrafine particles. These chemicals can be damaging to people's lungs and other parts of their bodies when inhaled.

Prolonged Secondhand Vape Exposure can lead to increased risks of the following:

- Bronchitis
- Heart and lung disease
- Various cancers
- Premature death



GET THE
SUPPORT YOU
NEED.



QUITTING RESOURCES:

Better health for you and your future baby is a great reason to take the first steps in your quit journey. For help with quitting talk to your provider or contact the following resources for free help:

Wisconsin Tobacco Quit Line at
(1-800-QUIT-NOW)

First Breath: Wisconsin Women's Health Foundation at
www.joinfirstbreath.org, TEXT
"FB" to **29669**, or call at
(608-888-2768)

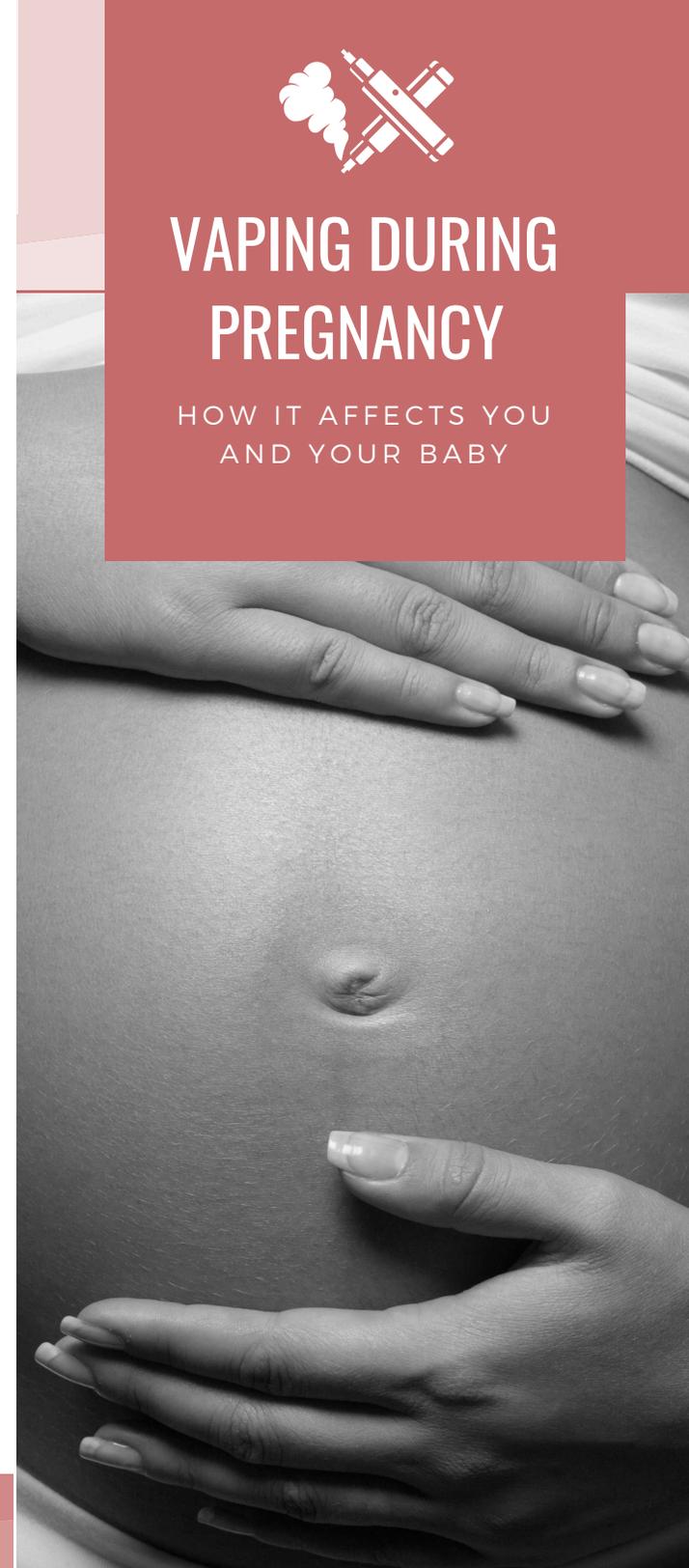
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VAPING DURING PREGNANCY

HOW IT AFFECTS YOU
AND YOUR BABY



If you are pregnant or thinking about becoming pregnant, you probably already know smoking is bad for you and your baby. How about vaping or the use of e-cigarettes? The truth is the use of these devices is harmful to both you and your baby. Here is what you need to know about the use of these products.

VAPES ARE ELECTRONIC NICOTINE DELIVERY SYSTEMS

A common misconception is that e-cigarettes are safer than regular cigarettes and other tobacco products... this is not true! E-cigarettes are battery-powered devices that can deliver nicotine and flavorings to the user in an aerosol form. These devices typically contain the same amount of nicotine as about 20 cigarettes. The nicotine combined with the other harmful chemicals within these devices are harmful for both you and your baby.

Some of the common chemicals found within e-liquid or e-juice are:

- Nicotine
- Propylene glycol
- Diacetyl
- Heavy metals
- Benzene
- Acrolein

The health effects of inhaling these chemicals are still being studied.



EFFECTS ON YOUR PREGNANCY

The use of e-cigarettes and the inhalation of the chemicals found within these products can cause several harmful health effects to you during pregnancy, including

- Miscarriage
- Preterm or early delivery
- Ectopic Pregnancy
- Problems with the placenta
- Problems with blood flow
- Reduced lung capacity
- Heart issues
- Increased risk for various types of cancers

EFFECTS ON YOUR BABY

The use of e-cigarettes during and after pregnancy can also cause harm to your baby, including

- Cleft palates
- Low birth weight
- Reduced oxygen levels
- Reduced blood flow
- Lower lung function
- Sudden infant death syndrome
- Stillbirth

If you are planning on breastfeeding, it should be noted that Nicotine and other harmful chemicals can be passed on to your baby through breast milk.

