

## **THE EFFECT OF SMOKING AND DRINKING IN MOTHERS AND THEIR BABIES**

Smoking has done more harm than good in pregnant mothers and their babies. The evidence is substantial that pregnancy is adversely affected by smoking and drinking. In terms of fertility in women, smoking can induce early menopause and menstrual problems problem. In men it can cause abnormalities in sperm production and motility. In each ejaculation 2-4 ml of semen are deposited in the vagina. The seminal fluid contains about 100 million sperm per ml, of which 20-25% are likely to be abnormal. During pregnancy there is an increase risk of abortion, preterm delivery, low birth weight and partum heamorrhage (bleeding in pregnancy) and placenta abruption. Research shows that women who smoke and drink during pregnancy passes harmful toxins to their unborn babies.

More so, their nutritional status tends to be compromised in smokers, characterized by higher intake of energy, total fat, saturate fat, cholesterol and alcohol and lower intakes of most nutrition and ant-oxidant vitamins.

The additive nature of smoking and drinking makes it very difficult for a woman to stop even when she knows it may harm herself and the baby.

Consuming alcohol occasionally or in moderation is acceptable social activities but when consumed in large quantities it can become problematic, reduce appetite and affect nutritional status. High intake of alcohol in women have been associated with menstrual disorders and decreased fertility even among women who have five or fewer drink a week.

Alcohol affects fetus and causes congenital abnormalities known as fetal alcohol syndrome which cause low IQ and stunted growth.

### **EFFECT ON THE MOTHERS**

1. Abortion or miscarriage: this is termination of pregnancy before the fetus is viable before 24wks-28wks
2. Abruption placenta: this is premature separation of a normally situated placenta.

3. Infertility: is the inability of a couple to achieve conception or to bring a pregnancy to term after a year or more of regular unprotected intercourse or sex.

### **INFERTILITY IN FEMALE**

Smoking or alcoholism could affect the function of the follicle stimulating hormone that helps a lot in the menstrual cycle. It also stops ovulation that can lead to pregnancy thereby leading one into early menopause syndrome.

Smoking affects the lungs; meanwhile, the action of oxygen takes place in the lungs, smoke and alcohol can destroy the lung causing it to hypatropy thereby leading to cancer of the lungs and other part of the organs of the body.

**Low immunity:** smoking and drinking alcohol reduces the immunity in the body; thereby rendering the body incapable of fighting infection.

### **EFFECT ON THE BABY**

**Low Birth weight Baby:** They are those babies that are small for their gestational age, below 1.7-2.5kg and these babies can fall into different illness and they need proper care.

We have three type of LBW;

- Low birth weight that falls into 2.5kg
- Very low birth weight that falls into 1.5kg
- Extremely low birth weight that falls into 1kg

**PRE-TERM BABIES:** these are babies that are born before the completion of the 37<sup>th</sup> gestation weeks

**FETAL ALCOHOL SYNDROME:** is an abnormality of the fetus caused by excessive intake of alcohol by the mother during pregnancy. It causes congenital abnormalities e.g. deformed child i.e. cleft palate, and foot defect.