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COURSEWORK

Smoking While Pregnant



Smoking While Pregnant

In the recent past the world has witnessed tremendous changes in technology and these changes have influenced the human behavior from the social point of view. The impact of the internet as well as other channels of entertainment has made people pick up habits that were believed to be taboos in most communities; smoking among women is such a habit. Due to the additive nature of this habit, most women find it hard to shun this habit and end up smoking even during pregnancy oblivious of the dangers it will cause to both the mother and the unborn baby.

The purpose of this coursework paper will be to discuss the negative impact that smoking has to the mother as well as the unborn baby in the womb. In addition to that, the paper will discuss the risks that lactating mother who smoke expose their babies to. The paper will however commence by looking at how mercury (in food) affects pregnancy and how it can affect the developing embryo. The paper will close by giving a summary of the key points that would have been mentioned in the paper.

Effects of Mercury on Pregnancy

According to SGV, mercury is a natural mineral that is found in air, water as well as food, for instance fish has pinpointed as one of the animals whose meat contains high levels of mercury. This therefore means that pregnant women who consume lots of fish as well as those who are exposed to environments that have high concentration of mercury are not only endangering themselves but also the development of the embryo. To the developing embryo, mercury is passed to them from the mother via the placenta and most foetuses are more sensitive to mercury during the third and fourth months of pregnancy as compared to other months. The negative

impact of mercury is mostly on the embryos' nervous system and the brain. The question that most people pose is how does this affect the growth and development of the baby? SGV has further observed that in the modern day society it is common to see children who have difficulty when it comes to walking or talking, this is as a result of the mercury that was passed to them from the mother. In addition to that some children develop memory and speech problems. It is however important to note that different fish species have different levels of and therefore pregnant women should not be discouraged from consuming fish but be advised which species to consume.

Smoking While Pregnant

There are two kinds of smokers, first hand and second hand smokers and both suffer different consequences when they inhale the smoke. According to WebMD pregnant mothers who smoke (first hand smokers) have the risk of developing the following conditions, it reduces the amount of oxygen available to both the parent and the child, to the parent (mother) it increases the chances of her getting a miscarriage or still birth, to the baby she/he develop high heart rate as compared to other babies and also the baby may be born prematurely and under weight.

As indicated in the introductory part of this section there are first hand and second hand smokers and the effects smoking while pregnant have been discussed in the section. How about second hand smokers? What effects does the cigarette smoke have on them? According to WebMD, pregnant mothers who are regularly exposed to second hand smoke have a higher risk of contracting lung cancer. This also applies to the baby. In addition to that the baby risk's contracting heart disease, asthma, allergies and lastly sudden infant death syndrome (SIDS).



From the above observation it is safe to say that for any mother who wishes to get pregnant and deliver a healthy baby then they should never smoke and also avoid getting in contact with second hand smoke. There are different approaches that smokers can use to get rid of their smoking habits and also for the non smokers there are ways they can use to avoid getting in contact with the toxic cigarette smoke. For the non smokers the best way is to avoid meeting smokers and if the mother must meet them then she can request that they don't smoke in her presence. The people who are faced with the hardest task however are the pregnant mothers, for them to kick the habit they must hide matches, cigarettes and ashtrays to help them fight the urge for a puff. Smokers are discouraged from drinking beverages that contain caffeine since caffeine increases the urge for one to smoke. Another important thing that smokers can do is to engage exercises that will eventually help them keep of the "stick".

Summation of the Paper

The joy of any pregnant mother is to deliver a healthy child without any complications but there are some situations that may change this. This is what has been discussed in the paper. Even all pregnant mothers are advised to eat a balance diet; there are some foods that contain minerals that may be harmful to both the mother and the unborn child. The paper has looked at the negative effects of mercury on the mother and the unborn child and how consuming of foods high in mercury will affect the growth and development of the child. In the last section of the paper, it has discussed the effects of cigarette smoke to the pregnant mother as well as the unborn child. Under this, the paper has discussed how cigarette smoke affects first hand smokers and second hand smokers and their unborn babies. In conclusion the paper has given ways in which smoking pregnant mothers can shun the habit and how non smokers can avoid getting in contact with the toxic fumes.