

# trancesolutions

## women's health and smoking

### How many women smoke?

Before the 1900's, few women in western society smoked. As the 20th century progressed, more and more women begin to smoke.

By 1945, 26% of women smoked

In 1976 that number had increased to 33%

By 2001 the number fell to 18%

### Why do women start smoking?

The tobacco industry has marketed smoking as a fashionable and sophisticated thing for women to do. The fashion and media industries also traditionally display many images of stylish women smoking.

As more women started working and earning an income, they chose to spend that income on cigarettes.

### You've come a long way...

In the 1970's Australian women were congratulated by the Phillip Morris company with the infamous ad "You've come a long way baby", and we have...

- ▶ More girls are smoking than boys
- ▶ Lung cancer will soon surpass breast cancer as the leading cause of cancer death among women
- ▶ 40% of coronary heart disease deaths in women younger than 65 are caused by smoking

### Smoking a major killer of women:

In one year alone, 1,800 females in NSW died of diseases caused by smoking 486 deaths from lung cancer and 397 deaths from heart disease (1994/95). In the same period, 15,650 hospital bed days were attributable to female smoking in NSW (excluding passive smoking). Cigarette

smoking causes around 20% of deaths of women (before the age of 65)

### An equity issue...

Smoking is not only a critical health issue, it is an equity issue. Girls and very young women, women of lower social-economic status and Aboriginal women, have particularly high smoking rates – and we know that 50% of all long term smokers will die from tobacco related causes.

### What health problems can women who smoke suffer?

Women who smoke are at increased risk of a number of gender-specific in addition to the range of other adverse health effects that all smokers are at risk of.

These gender-specific problems include:

- ▶ Cancer of the cervix and vulvar
- ▶ Cardio-vascular disease and stroke (women who both smoke and use oral contraceptives have a tenfold increase in risk)
- ▶ Osteoporosis
- ▶ Complications in pregnancy and labour including a greater risk of miscarriage
- ▶ Menstrual problems
- ▶ Reduced fertility .

## How does smoking affect pregnancy?

Smoking during pregnancy affects the health of the unborn and newborn baby. These effects can include:

- ▶ Retarded foetal growth leading to a low birth rate
- ▶ Increased risk of cot death (or Sudden Infant Death Syndrome)
- ▶ A lower than average birth weight and therefore more likely suffering from infections and other health problems

## Smoking facts:

- ▶ Current women smokers 35 or older are 10.5 times more likely than nonsmoking women to die from emphysema or chronic bronchitis
- ▶ Maternal smoking has been linked to asthma in infants and young children
- ▶ Mothers who smoke and breast feed their babies pass nicotine to their children through breast milk

## You have a choice and when you stop smoking, you will...

- ▶ be financially better off: if you were an average smoker, you will save about \$3,400 every year
- ▶ enjoy better health, you will significantly reduce your risk of lung cancer and heart disease
- ▶ feel good about your achievement and feel proud of your ability to stay in control

Contact:  
New Farm Hypnotherapy  
PO Box 1944  
New Farm QLD 4005 07 3254 1373  
[antoine@trancesolutions.com](mailto:antoine@trancesolutions.com)  
[glen@trancesolutions.com](mailto:glen@trancesolutions.com)

Trancesolutions Professional Hypnosis CDs  
[www.trancesolutions.com](http://www.trancesolutions.com) [info@trancesolutions.com](mailto:info@trancesolutions.com)