



Sources of information for this brochure:

American Academy of Pediatrics

Pediatrician organization which supports optimal physical, mental and social health and well-being of all infants, children, adolescents and young adults

pediatrics.aappublications.org/content/113/6/e632.full.pdf+html

California Society of Addiction Medicine

Physicians and associated professionals who support research and prevention of addiction

www.csam-asam.org/sites/default/files/impact_of_marijuana_on_children_and_adolescents.pdf

California Smokers' Helpline

Quit smoking service operated by University of California

nobutts.org/information/documents/marijuana.pdf

Infant Risk Center

Website sponsored by Texas Tech providing up-to-date evidence-based information on the use of medications during breastfeeding

infanrisk.com/content/effects-marijuana-fetus-and-breastfeeding-infants

MotherToBaby California

Service provided by the University of California to physicians, women and families so they have accurate information to make healthy decisions about drug exposures during pregnancy

mothertobaby.org/files/marijuana.pdf

National AIA Resource Center

Organization helping families affected by substance abuse

aia.berkeley.edu/media/pdf/PerinatalMarijuana.pdf



protect yourself
and those you love
from the harmful
effects of marijuana

Are you pregnant or could you become pregnant sometime in the future?

Do you have children in the home?

Healthcare experts advise women NOT to use marijuana during pregnancy or when breastfeeding.

Information and Referral 2-1-1

www.211wc.org

Department of Health Services:
Treatment Services

sonoma-county.org/health/services/addictiontreatment.asp



PREPARED BY SONOMA COUNTY DEPARTMENT OF HEALTH SERVICES

1.800.427.8982 · www.sonoma-county.org

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a healthier
you!

Marijuana use
can have a negative effect
on you and those
around you...

your health matters!

Marijuana use is not part of a healthy lifestyle

Marijuana weakens your immune system, making it easier for you to get sick.

Marijuana over stimulates your brain's reward center in the same way as other addictive drugs. The more you use, the more drug you need to

get the same effect. When you don't use, you may notice you feel more alert and able to connect with people around you.

If you are trying to get pregnant, marijuana may interfere with normal periods, making it harder to get pregnant. Men who use marijuana may have lower sperm and testosterone levels.



Marijuana is not recommended for use as a sleep aide. **Work with your medical provider if you need help sleeping. Sleep tips:** www.cdc.gov/sleep/about_sleep/sleep_hygiene.htm

during your pregnancy

Marijuana and the health of your unborn baby

Marijuana use during pregnancy has been linked to these outcomes:

- low birth weight
- premature birth
- hospital stays in the special care newborn nursery

Marijuana use in pregnancy may affect your baby's brain development. **Studies show problems with attention, behavior, and memory when children reach school age.**

If you use marijuana when pregnant, your infant may suffer withdrawal-like symptoms such as increased tremors and crying.

SAFE WAYS TO TREAT NAUSEA AND VOMITING:

Eat small, frequent meals every 2-3 hours and avoid fatty, spicy foods.

Open windows to get plenty of fresh air.

Acupressure bands used for motion sickness may be helpful.

Try ginger snaps, root or tea. Ask your prenatal care provider about powdered ginger capsules.

If symptoms continue, discuss other options with your prenatal care provider.

after your baby is born

Marijuana use and the health of your child

Marijuana use makes it harder for you to understand and respond to your baby's cues, and to provide a healthy, safe environment.

Marijuana goes through the body and into breast milk. If you use and breastfeed, you will continue to expose your baby to marijuana.

Babies and children who are around marijuana smoke can have health problems like colds, coughs, ear infections, asthma, bronchitis, and pneumonia.



marijuana facts *did you know...*

Marijuana is not safer than cigarettes.

It contains about 400 chemicals including 50 to 70% more cancer causing agents than tobacco: carbon monoxide, ammonia, and hydrocyanic acid.

Regular use can damage lungs, and cause illness.

Smoking marijuana, usually done by inhaling deeply, concentrates toxins in the lungs and bronchial tubes. It is connected with more wheezing, coughing, colds, flu, pneumonia, and bronchitis.

Marijuana can be addictive.

You may experience withdrawal symptoms when you quit:

- irritability
- decreased appetite or weight loss
- nervousness, restlessness and/or anxiety
- sleep difficulties