

# Drug Abuse

DURING PREGNANCY



do you need help  
to **quit?**

## **Women do abuse drugs when they are pregnant.**

How many women is hard to figure. A common belief is that pregnant women do not have the right pregnancy care when they are abusing drugs out of fear or shame.

Many women who abuse illegal drugs are also smoking and drinking. Researchers cannot say for sure if alcohol or crack cocaine is more harmful to an unborn child. In any case, one thing that everyone can agree on is that ALL drugs can have harmful effects on a pregnancy. Some drugs seem far worse than others.

**Call the Behavioral Health Services  
directly at 1.877.221.9295.**

Recovery can, will, and DOES happen.

**You can get help** from counseling support groups and treatment programs. Popular groups include the 12-Step Program. Numbers that can help you locate a treatment center include:

### **National Drug Help Hotline**

1.800.662.4357

### **National Alcohol & Drug Dependence Hopeline**

1.800.622.2255



## Illegal Drug Use

Drug abuse when pregnant means that a woman is using street drugs like crack, heroin, weed, & cocaine. Side effects for the baby of the mother using these drugs may include:

- Low birth weight
- The baby has withdrawal type behavior at birth
- Learning and behavioral problems
- Too much crying during the baby years
- Baby being born dead
- Heart problems
- Poor overall development after birth
- After birth jitters, shaking, extreme tiredness, having a hard time breathing

Women who use drugs during their pregnancy are putting themselves and the health of their babies at greater risk for all sorts of problems.

## Alcohol

There is no safe type or amount of alcohol to use during pregnancy. ANY amount of alcohol can have a large effect on a baby's growth. Common issues that can happen for a baby if a woman has an alcohol addiction during her pregnancy include:

- Baby being born too early
- Low birth weight baby
- Vision and hearing problems; including major issues like blindness
- Problems with concentration and focus
- Issues with completing simple tasks
- Trouble sleeping and eating properly
- Trouble learning
- Need for medical, emotional, or hospital care for the rest of their lives

get help **now**

## Smoking

Cigarette smoking can seem pretty harmless compared to a crack addiction. The truth is that for pregnant women smoking can lead to dangerous side effects for an unborn baby.

Pregnant women have the number one highest success rate for quitting smoking. So if you are pregnant, it is a great time to quit! Pregnant women will sometimes have a dislike for smoking due to being pregnant.

Some of the most common side effects that smoking can have for babies include:

- Losing the baby
- Brain damage
- Problems with birth
- Low birth weight
- Learning problems after birth
- Death of the baby