



SUBSTANCE USE



RISKS TO YOU AND YOUR FAMILY



Things You Should Know

1. Tobacco is smoked in cigarettes, cigars and pipes. Secondhand smoke is tobacco smoke in the air.
2. Snuff is a form of smokeless or spit tobacco that is chewed, sniffed or "dipped."
3. Alcohol use includes drinking liquor, mixed drinks, beer, wines and wine coolers. The alcohol content in 12 ounces of beer is the same as that in 5 ounces of wine or in 1 ounce of hard liquor.
4. Street (illegal) drugs have many names and forms, and are used in different ways. Examples are cocaine/crack, heroin, meth, marijuana and LSD.
5. Common household products, such as cleaning fluids, aerosol (spray) cans, and glues, can be harmful drugs if they are sniffed, inhaled or drunk.
6. Medicines (both prescription and over-the-counter) can be harmful drugs when not used as directed.

Tobacco

1. Quitting smoking early in pregnancy is best, but quitting at any time will help you and your baby. It is never too late to quit during pregnancy.
2. Quitting smoking during pregnancy:
 - Gives your baby more oxygen.
 - Lowers the risk that your baby will be born too early.
 - Increases your chances of having a normal weight, healthy baby.
3. Exposure to secondhand smoke causes premature death and disease in children and adults who do not smoke.
 - If you are pregnant and don't smoke, but people around you smoke, your baby can be born too small to be healthy.
 - Children exposed to secondhand smoke are at greater risk for colds, pneumonia, ear infections and asthma.
 - There is no safe level of secondhand smoke.
 - Never smoke around or in the same house as your baby.
4. Breast milk may help protect your baby from the harmful effects of secondhand smoke.
 - If you were unable to quit smoking during pregnancy, try to cut back. Heavy smoking can reduce your milk supply.
 - If you smoke, it is best to do this outside and right after you breastfeed. Nicotine levels will decrease before it is time to breastfeed again.

Over-the-Counter and Prescription Drugs

1. If you are pregnant or breastfeeding, do not take any medications (prescription and over-the-counter such as sleeping, pain and diet pills) before asking your health care provider or pharmacist. Using medicines other than as directed can be harmful or fatal.
2. Certain groups of drugs can cause birth defects if taken during pregnancy.

Alcohol

1. The Surgeon General has recommended that women should not drink if they are pregnant or might become pregnant.
2. There is no safe amount, no safe time, and no safe type of alcohol during pregnancy.
3. Drinking alcohol during pregnancy can result in your baby having Fetal Alcohol Spectrum Disorder (FASD). Problems caused by FASD are lifelong, but are 100 percent preventable.
4. Talk to your health care provider or lactation consultant if you have questions about consuming alcohol when breastfeeding.

Methamphetamine, Cocaine and Heroin

1. Do not breastfeed if you are using any illegal drugs or drugs not prescribed by your health care provider.
2. Infants exposed to meth and cocaine during their mother's pregnancy are at higher risk for low birth weight, growth problems, seizures, learning and behavioral problems and other health issues.
3. Infants and children exposed to heroin during their mother's pregnancy can cause them to go through drug withdrawal, be at a greater risk for Sudden Infant Death Syndrome (SIDS) and not eat or grow well.
4. If you are receiving treatment for drug use, talk to your health care provider before breastfeeding.

Things You Can Do

1. If you are pregnant or might become pregnant, check with your health care provider before using over-the-counter and prescription drugs.
2. Set a good example by not using tobacco, alcohol or other drugs. Children are more likely to use drugs when their family and friends do.
3. Sit with your children in non-smoking areas in restaurants and other buildings.
4. Make "no smoking" a rule inside your home and car for family and friends.

Substance use can have a lasting effect on you and your family. The harm does not end at birth but can have a lasting effect.



Tips for Quitting

1. Cutting down or stopping your use of tobacco, alcohol or other drugs is best. Your local WIC clinic can tell you where to get help.
2. Ask your family and friends to support your decision not to use tobacco, alcohol or other drugs.
3. Call the Missouri Tobacco Quitline toll-free at 1-800-QUIT-NOW (784-8669) for free telephone counseling.



Missouri Department of Health and Senior Services

WIC and Nutrition Services

573-751-6204

<http://health.mo.gov/living/families/wic/wiclwp/publications.php>

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WIC #508 (4/12)