In women who are pregnant, alcohol can cause:
- Damage to the baby at any month of pregnancy even before the woman knows she is pregnant. Even as little as one drink may affect the size, shape and function of the fetal cells
- Miscarriage
- Bleeding

Alcohol has more affect on the baby's development than cocaine, heroin, and marijuana.

In infants and children who are exposed during pregnancy, alcohol can put them at higher risk for:
- FAS (Fetal Alcohol Syndrome), a set of mental and physical birth defects
- FASD (Fetal Alcohol Spectrum Disorders)
- Other birth defects and mental retardation
- Damage to brain, heart, kidneys, bones, and joints
- Withdrawal at birth (baby may shake, be irritable, have a bloated abdomen and possible seizures)
- Prematurity or stillbirth
- Lifelong problems with behavior, learning, social skills, family relationships, speech/hearing/language, eating and sleeping patterns and transitions to adulthood

FAS and FASD are lifelong disabilities. Problems that parents face with their babies will also be problems as the babies grow into children, teenagers and adults.

Over-the-Counter and Prescription Drugs
If you are pregnant - do not take any medications before asking your health care provider or pharmacist.

Methamphetamine and Cocaine (Meth, Speed, Ice): Powerful Stimulants
Meth, crystal meth and cocaine are stimulants that give a person a short-term “rush” or sense of euphoria. Meth is a chemical that stimulates or “speeds up” the brain, nervous system, and the body. Stimulants can increase alertness, energy, confidence, and stamina. When the drugs wear off, they usually cause the user to feel depressed and tired.

What can meth and cocaine do?
In adults, using meth and cocaine can cause the user to:
- Lose weight, even if not trying
- Have a heart attack, stroke, and seizures
- Feel nervous and tired, but unable to sleep
- Be paranoid and have hallucinations
- Have mood swings/rage/violent behavior
- Have skin sores/acne
- Have high blood pressure
- Be at greater risk of contracting HIV
- Develop tolerance, requiring higher doses to get the same effect

Always tell your health care provider, dentist or pharmacist if you are pregnant or planning to become pregnant. Only take medications your health care provider tells you to take. Certain groups of drugs can cause birth defects if taken during pregnancy. This list is not meant to scare you, but you need to know that some medications can cause birth defects. THESE ARE NOT COMPLETE LISTS.

Some examples are listed below:
- Anti-acute drugs: Acetamin
- Antibiotics (to treat infections)
- Anti-cancer drugs: Methotrexate, Anaminoterin
- Anti-coagulants: Coumadin, Warfarin
- Anti-seizure drugs: Dilantin, Valparia Acid, Trimethadions
- Hormones: DES
- Thyroid drugs: I-313, PTU

In large doses, these medications can hurt your baby:
- Allergy medications
- Antacids
- Aspirin, ibuprofen, acetaminophen
- Cough syrups containing alcohol
- Cold medicine or cold pills
- Herbal remedies
- Laxatives
- Sleeping pills

If you are breastfeeding – do not take any medications before asking your health care provider or pharmacist.

In women who are pregnant, cocaine and meth can cause the user to:
- Have a miscarriage
- Bleed
- Have her baby too soon
- Have a stroke or bleeding in her brain
- Not have enough oxygen for her baby
- Have a fast heartbeat
- Die

LSD, PCP: Hallucinogens
LSD and PCP are drugs that can temporarily change the user’s sense of reality, mood and thinking.

What can LSD and PCP do?
In adults, LSD and PCP can cause:
- A change in the sense of time, color, sound, touch, and movement
- Fantasies, false impressions
- Uncontrolled emotions and violent actions
- Increased anxiety, depression or flashbacks for days or months later

In women who are pregnant, heroin can cause:
- A heartbeat that is too slow
- Breathing that is too slow
- Nausea and vomiting
- Death

If you continue to use heroin, do not breastfeed. If you are receiving treatment, talk to a health care provider before breastfeeding.

In infants and children who are exposed during pregnancy, heroin can cause them to:
- Be born too early and too small
- Go through drug withdrawal (baby can be irritable, have a shrill cry, have feeding problems, and be restless)
- Be at greater risk for Sudden Infant Death Syndrome (SIDS)
- Not eat or grow well
- Have developmental, learning and behavior problems

Children as well as adults can be seriously burned in meth lab explosions. It is likely these drugs will reach the baby through breast milk. Do not breastfeed if you use meth or cocaine.

Heroin: Narcotic
Heroin is a highly addictive narcotic that gives short-term feelings of well-being, pain relief and relaxation.

What can heroin do?
In adults, heroin can cause:
- Low birth weight
- Growth problems
- Stroke or heart attack
- Breathing problems
- Seizures
- Going through withdrawal – (baby can be irritable, have a shrill cry, have feeding problems, and be restless)
- Small head and brain and body
- Possible birth defects (heart and brain)
- Poor coordination
- Learning and behavioral problems
- Developmental problems

In women who are pregnant, cocaine and meth can put them at higher risk of:
- Have memory loss
- Have brain cell damage
- Have depression lasting for weeks, months, or years
- Have problems with teeth

In women who are pregnant, cocaine and meth can cause the user to:
- Have a miscarriage
- Bleed
- Have her baby too soon
- Have a stroke or bleeding in her brain
- Not have enough oxygen for her baby
- Have a fast heartbeat
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In infants and children who are exposed during pregnancy, cocaine and meth can put them at higher risk of:
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FAS and FASD are lifelong disabilities
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- Have a stroke or bleeding in their brain
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Children are more likely to use heroin when their friends and family do.

If you use meth or cocaine, you may be at risk for:...
In women who are pregnant, LSD and PCP can cause:
- Prematurity
- Low birth weight
- Birth defects
- Damage to heart and nervous system
- Breathing problems
- Going through drug withdrawal (baby may shake and be irritable)
- Not eating or growing well
- Seizures
- Infections
- Lifelong problems with behavior, learning and short attention span
- Childhood cancers

In infants and children who are exposed during pregnancy, marijuana can put them at higher risk for:
- Miscarriage
- Bleeding
- Not enough weight gain
- Premature labor and birth
- Shaking

Substance use can have a lasting effect on you and your family. Tobacco, alcohol, and other drugs can harm you, as well as your unborn child. The harm does not end at birth, though. Substance use also has a lasting effect on your children.

When a parent or caregiver is under the influence, there is a greater chance of harm being done. When a child is around alcohol and drugs, the child is more likely to also become a substance user or the victim of abuse.

This booklet looks at several different substances and how they affect adults, pregnant women, babies and young children. The effects result from the substance itself or from other factors related to substance use (environmental factors). Not all substances and not all effects of substance use are covered in this booklet. Talk to your health care provider if you have any questions.

**Substance Use:**

**Risks To You and Your Family**

<table>
<thead>
<tr>
<th>Substance</th>
<th>Effects</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tobacco</td>
<td>Smoker's cancer, heart disease, stroke, lung cancer, respiratory problems, stroke, and low birth weight.</td>
</tr>
<tr>
<td>Alcohol</td>
<td>Cirrhosis, liver cancer, heart disease, stroke, and pancreatitis.</td>
</tr>
<tr>
<td>Marijuana</td>
<td>Lung cancer, respiratory problems, and low birth weight.</td>
</tr>
<tr>
<td>PCP</td>
<td>Brain damage, memory loss, and hallucinations.</td>
</tr>
<tr>
<td>LSD</td>
<td>Brain damage, memory loss, and hallucinations.</td>
</tr>
</tbody>
</table>

**What can marijuana do?**

**In adults, marijuana can cause:**
- Cough, breathing problems, lung cancer
- Judgment and memory problems
- Rise in heart rate and rise in blood pressure
- Desire to eat more
- Distorted sense of touch, time, sounds, and sights
- Anxiety and paranoia
- Hallucinations and delusions

**What can smoking do?**

**In adults, smoking can:**
- Cause lung cancer
- Cause heart and lung disease
- Raise your heart rate and blood pressure
- Raise the carbon monoxide (a poison) in your blood
- Lower blood flow to your arms and legs
- Lower oxygen in your blood
- Cause heart and lung disease
- Cause stroke
- Cause cancer
- Cause blurred vision/dizziness
- Cause weakness
- Cause dizziness
- Cause nausea
- Cause respiratory problems
- Cause abnormal breathing
- Cause勾 madness
- Cause paranoia
- Cause hallucinations
- Cause anxiety
- Cause irritability
- Cause depression

**What can alcohol do?**

**In adults, alcohol can:**
- Affect women’s blood alcohol levels more quickly even if they are drinking the same amount as men
- Put women at greater risk of liver disease even if they drink less than men and over a shorter time
- Act as a depressant
- Cause brain, heart, pancreas and kidney damage
- Cause eating problems

**Missouri Department of Health and Senior Services**

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