

# Marijuana (THC)

*- and Pregnancy -*

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## "Legal" and "Natural" does NOT mean safe

The use of marijuana in any form can be dangerous to your baby. This includes eating, drinking, smoking, vaping, and putting it on your skin.

### Potential Pregnancy Risks



Stillbirth



Preterm Delivery

### Potential Newborn Risks



Mood Disorders



Sudden Infant Death Syndrome



Low Birth Weight



Behavioral Disorders

### Potential Child Development Risks



Decreased IQ Scores



Attention Problems



Decreased Growth



Smaller Brains



Decreased Academic Ability

# How does marijuana impact pregnancy and the developing child?

THC, or tetrahydrocannabinol, is the main psycho-active ingredient in marijuana. However, there are over 400 chemicals in marijuana with unknown effects on pregnancy.



THC crosses the placenta and enters the fetus's bloodstream and brain.



THC metabolites can be detected for weeks in the urine of chronic users.



THC can reduce the blood flow from the uterine artery to the placenta.

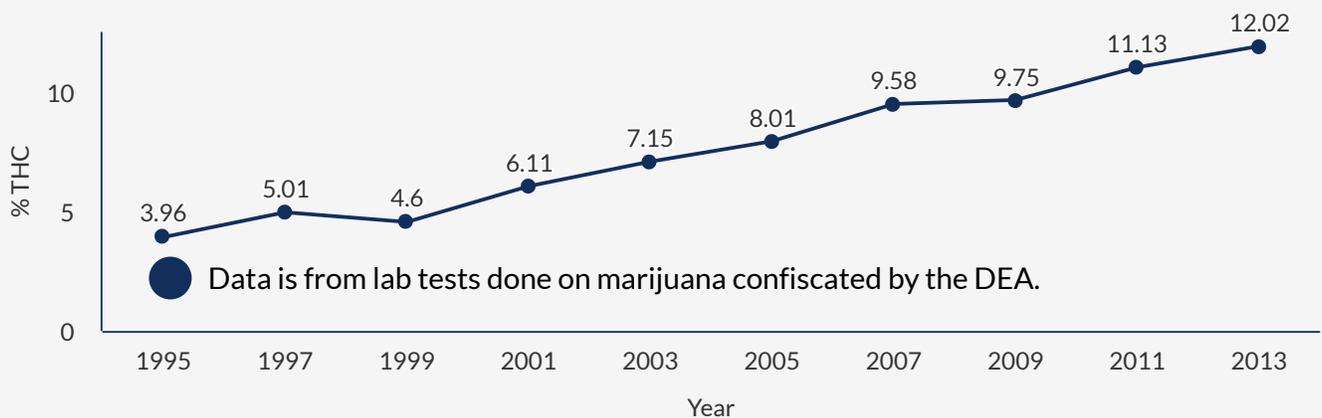


THC enters breast milk of lactating persons.

## Marijuana: Becoming More Potent

The potency of marijuana has changed significantly since the DEA started testing.

Change in Average Potency of THC in Marijuana (1995 - 2013)\*



28%

### Current Potency

Marijuana is being sold with advertised THC concentrations as high as 28%.

200%

### THC Increase

The concentration of THC in marijuana has increased 200% since 1995.

\* Source: Biol Psychiatry. 2016 Apr 1; 79(7): 613-619

## Recommendations



- Talk to your doctor about quitting or reducing your marijuana use while pregnant and/or breastfeeding.
- Your doctor can help you find healthier and safer ways to manage any symptoms, such as nausea, that you may be experiencing.

## Resources

- **Mother to Baby Factsheets on Marijuana and Pregnancy:** [mothertobaby.org/fact-sheets](http://mothertobaby.org/fact-sheets)
- **Smoking During Pregnancy:** [cdc.gov/reproductivehealth/maternalinfanthealth](http://cdc.gov/reproductivehealth/maternalinfanthealth)
- **Treating for Two:** [cdc.gov/pregnancy/meds/treatingfortwo](http://cdc.gov/pregnancy/meds/treatingfortwo)
- **American Academy of Pediatrics Healthy Children at all Stages:** [healthychildren.org](http://healthychildren.org)

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