

# METHAMPHETAMINE

## How It Affects Your Baby



It's never a good idea to use any drugs during your pregnancy unless they are prescribed and monitored by your health care provider. Any drug that you take passes through the umbilical cord and into your baby's body.

Using methamphetamine during your pregnancy is especially dangerous and can lead to serious, long-term health complications for your baby.

If you use meth during your pregnancy, your baby may experience any of the following:

- Low birth weight
- Premature birth
- Heart attacks and strokes in utero
- Birth defects
- High pitched cry
- Inconsolability and irritability
- Seizures, shaking and tremors
- Sensitivity to stimuli
- Central nervous system effects
- Difficulty with feeding (sucking/swallowing)
- Increased risk of sleep apnea and SIDS
- Increased risk of diseases (HIV, Hepatitis, etc.)
- Developmental delays and learning problems
- Behavioral problems
- Hyperactivity

After your baby is born he or she may have trouble establishing a sleep pattern and difficulties feeding. Meth can be passed to your baby through your breast milk.

Babies whose mothers use meth during their pregnancy are 3.5 times more likely to be born underweight.

- Babies who are born underweight can experience all kinds of health complications, including Type 2 diabetes.
- Underweight babies may also experience learning difficulties and behavior problems, such as hyperactivity and short attention span, throughout their lives.

Meth use during pregnancy can make it hard for you and your baby to bond.

If you use meth during your pregnancy, your baby may be very sensitive to bright lights, noise and touch.

### *The good news is:*

It is never too late to stop using meth during your pregnancy! No matter how far along you are in your pregnancy, it is better for your baby if you quit. The baby's brain and body will grow better if you stop using meth.

**Talk to your health care provider. Ask for help. Start living healthier for you and your baby today!**



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#### **For questions or further information:**

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