

Marijuana

Using marijuana while you are pregnant can cause damage to your baby. To improve the chances that your baby is born healthy, it is wise to not engage in smoking or inhaling marijuana while you are pregnant.

Q: What is Marijuana?

Marijuana is an illegal tobacco substance. The psychoactive element it contains is known as THC. Some experience the feelings of exaggerated contentment and relaxation, known as "getting high." Dependence upon this substance can be developed as a psychological craving, easily creating an addiction.

Q: How is Marijuana consumed?

Marijuana is inhaled by smoking a hand-rolled cigarette called a "joint," or by inhaling it through a pipe or bong. It may be cooked or baked into foods and eaten as well.

Q: How can Marijuana harm me and my baby during pregnancy?

The effects of Marijuana can distort one's perception of reality, thereby impairing judgment. It can also increase your heart rate, lower your blood pressure and limit your control of physical movement. When you are pregnant, a woman's equilibrium is uneven, and use of Marijuana can make you more apt to stumble or fall, possibly harming yourself or your infant.

Many babies born to mothers who used Marijuana while pregnant are born with birth defects and a variety of abnormalities. Many others experience delayed growth and development after birth.

Q: Is treatment available for those who want to quit using Marijuana?

Yes. There are a variety of substance abuse treatment programs available in Hillsborough County to help individuals cope with their dependence upon Marijuana. It is best for you and your baby to seek help!

Q: How do I find more information and/or help?

Zero Exposure Project
Toll Free: 1-877-233-5656

The ZEP website provides valuable information and resources.
Visit www.zeroexposure.org.



ZERO Exposure Project

An Initiative of the Healthy Start Coalition of Hillsborough County, Inc.