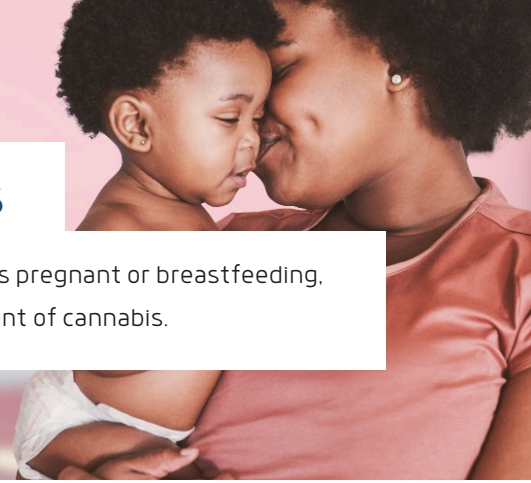




CANNABIS AND NEW OR EXPECTING MOMS

Weed can affect a baby's health and development. Anyone who is pregnant or breastfeeding, or who plans to become pregnant soon should not use any amount of cannabis.



WHY CANNABIS AFFECTS YOUR BABY

THC, the active ingredient in cannabis (marijuana, hashish, weed, pot, edibles, etc.), is stored in body fat. Babies' brains and bodies are made with a lot of fat.¹ If you use marijuana while pregnant, the THC you consume can reach your baby and affect their brain development and birth weight.

THC CAN REACH YOUR BABY IN 2 WAYS



THROUGH YOUR BLOODSTREAM

- The THC stored in fat cells can attach to blood cells and reach your growing baby.^{2,3}



THC IN BREAST MILK^{4,5}

- THC is slowly released in the body over several weeks,⁶ so it stays in your breast milk for longer than alcohol.
- For this reason, "pumping and dumping" does not work with weed.

Ask your doctor any questions you have about cannabis as a new mom.⁷

CANNABIS CAN BE BAD FOR YOU AND YOUR BABY

If you are pregnant, leading doctors' organizations such as the American College of Obstetricians⁸ and Gynecologists and the American Academy of Pediatrics⁹ recommend that you:



DISCONTINUE USE OF CANNABIS

If you already use cannabis for medicinal purposes, talk to your doctor about safer alternatives for your baby.

Research shows that if you use cannabis while you are pregnant or breastfeeding:

- Your baby may be born with a lower birth weight.^{9,10}
- A low birth weight baby is more likely to have health problems, especially in the first year of life.¹¹
- The growth and development of your baby's brain can be harmed,^{12,13} causing gaps in their problem-solving skills, memory, and the ability to remain attentive.

To learn how to protect older kids from cannabis, visit LetstalkCannabisIL.com/Parents-and-Mentors.

If you have additional questions regarding nonmedical marijuana use in Illinois, please email letstalkcannabisIL@prevention.org.



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EL CANNABIS Y LAS MAMÁS EMBARAZADAS O LACTANTES

La marihuana puede afectar la salud y el desarrollo de un bebé. Las personas que estén embarazadas o amamantando, o que planean quedar embarazadas pronto no deben consumir ninguna cantidad de cannabis.



POR QUÉ EL CANNABIS AFECTA A TU BEBÉ

El THC, el ingrediente activo del cannabis (la marihuana, el hachís, la mota, los comestibles, etc.), se almacena en la grasa del cuerpo. El cerebro y el cuerpo de los bebés están hechos con mucha grasa.¹ Si consumes marihuana durante el embarazo, el THC que consumes puede llegar a tu bebé y afectar el desarrollo de su cerebro y su peso al nacer.

EL THC PUEDE LLEGAR A TU BEBÉ DE DOS FORMAS



A TRAVÉS DE TU TORRENTE SANGUÍNEO

- El THC almacenado en las células grasas puede adherirse a los glóbulos sanguíneos y llegar a tu bebé en desarrollo.^{2,3}



EL THC EN LA LECHE MATERNA^{4,5}

- El THC se libera lentamente en el cuerpo durante varias semanas,⁶ por lo que permanece en la leche materna por más tiempo que el alcohol.
- Por esta razón, extraer y tirar la leche materna no funciona cuando se consume marihuana.

Consulta a tu médico para cualquier pregunta que tengas sobre el cannabis como nueva mamá.⁷

Para conocer cómo proteger a tus hijos del cannabis, visita [LetsTalkCannabisIL.com/Parents-and-Mentors](https://www.letsstalkcannabisil.com/parents-and-mentors).

EL CANNABIS PUEDE SER MALO PARA TI Y TU BEBÉ

Si estás embarazada, las principales organizaciones de médicos como el Colegio Americano de Obstetras⁸ y Ginecólogos y la Academia Americana de Pediatría⁹ te recomiendan:



DESCONTINUAR EL USO DE CANNABIS

Si usas cannabis con fines medicinales, habla con tu médico sobre alternativas más seguras para tu bebé.

Las investigaciones muestran que si consumes cannabis durante el embarazo o la lactancia:

- Tu bebé puede nacer con peso bajo.^{9,10}
- Un bebé con peso bajo es más probable que tenga problemas de salud, especialmente en el primer año de vida.¹¹
- El crecimiento y desarrollo del cerebro de tu bebé pueden ser perjudicados,^{12,13} afectando sus habilidades para resolver problemas, memoria y capacidad para poner atención.

Si tienes más preguntas sobre el uso no medicinal del cannabis en Illinois, por favor escríbenos al correo electrónico letstalkcannabisil@prevention.org.



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