

Drugs Don't Work

Hodac, Inc., Drugs Don't Work Support Center

Pot and Pregnancy Don't Mix

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Issue 9



DUI Risk Reduction

Classes

Will be held [Oct. 3rd and 4th from 9am-5pm](#) and [Oct. 5th and 6th from 6:30pm - 9:30pm.](#)

Call Hodac, at
953-5675



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- You must have an assessment prior to attending class. Call office to schedule.
- The assessment is \$82.00. The 20-hour course is \$205.00
- A picture ID is required first day of class.

“Marijuana contains about 400 different chemicals and marijuana cigarettes may contain other drugs or pesticides.”

More than 90% of pregnant women take prescription or nonprescription drugs or use social or illicit drugs at some time during pregnancy. In general, drugs unless absolutely necessary, should not be used during pregnancy because many can harm the fetus. About 2 to 3% of all birth defects result from the use of drugs other than alcohol.

Sometimes drugs are essential for the health of the pregnant woman and the fetus. In such cases, a woman should talk with her doctor or other health care practitioner about the risks and benefits of taking the drug. Before taking any drug or dietary supplement, a pregnant woman should consult her health care practitioner. A health care practitioner may recommend that a woman take certain vitamins and minerals during pregnancy.

However, marijuana and pregnancy do not mix. Marijuana, also called pot, weed, or cannabis, is a recreational drug that comes from the hemp plant. Parts of the plant are dried and smoked in pipes or cigarettes or less commonly eaten. It is an illegal substance in the United States, except in some states that allow marijuana use by prescription for medical purposes.

Marijuana contains about 400 different chemicals and marijuana cigarettes may contain other drugs or pesticides. It is very difficult to study the effects of marijuana use during pregnancy because some women who use marijuana may also use alcohol, tobacco, or other substances at the same time. They may also have other factors that can increase pregnancy complications, such as lack of prenatal care. In addition, accurate information on the amount, frequency, and

timing of marijuana use is not usually available for study participants. These factors may help explain why we see inconsistent findings in the studies that have been published.

Marijuana taken by a pregnant woman reaches the fetus primarily by crossing the placenta, the same route taken by oxygen and nutrients, which are needed for the fetus's growth and development. Therefore, marijuana use during pregnancy can affect the fetus in several ways:

- It can act directly on the fetus, causing damage, abnormal development, or death
- It can alter the function of the placenta, usually by causing blood vessels to narrow and thus reducing the supply of oxygen and nutrients to the fetus from the mother. Sometimes the result is a baby that is underweight and underdeveloped.
- It can cause the muscles of the uterus to contract forcefully, indirectly injuring the fetus by reducing its blood supply or triggering preterm labor and delivery.

After birth, some babies who were regularly exposed to marijuana during pregnancy may have withdrawal-like symptoms. For example, they may cry a lot, tremble and have trouble sleeping. Some studies suggest that children exposed to marijuana in the womb may have problems paying attention.

Pot and Pregnancy Don't Mix (continued from front)

Listed below are withdrawal-like symptoms that can occur if pregnant mothers use marijuana:

1. Babies
 - Tremors (shaking), hard to comfort baby
 - High-pitched cry
 - Problems responding to people
 - Sleep problems
 - Problems learning to talk
2. 3–11 years old
 - Problems paying attention
 - Aggressiveness (starting fights, pushy)
 - Hard time staying still (hyperactive)
 - Problems following directions
 - Poor memory
3. 12 years and older
 - Hard time problem solving
 - Poor judgment (what is safe and what is not, etc.)

- Easily distracted (can't stay on track)

For more information or help to stop using drugs call Helpline GA, our confidential phone line, at 1-800-338-6745

References:

Pregnancy and Marijuana Apr. 2007 Organization of Teratology Information Specialists, 21 Aug 2009 <www.otispregnancy.org>.

Foley, Michael R. "Drugs Use During Pregnancy." The Merck Manuals Online Library, May 2007 21 Aug. 2009 . <www.merck.com/mmhe/index.html>.

Visit us on our website

Our mission is to extend a helping hand to those we serve in Georgia through education, advocacy, prevention and intervention.



This newsletter is published to provide timely information to readers. Its content is not intended as advice for individual problems. Editorial material does not imply endorsement by the owner, publisher, editor or distributors. The reading of this newsletter is equivalent to 10 minutes of employee training for Drugs Don't Work members. For questions regarding your newsletter or DDW program contact DDW Representative, Sherielle Sands at (478) 953-5675 ext. 223

Defensive Driving

Defensive Driving Classes will be held on Sept. 12th and 26th from 9am – 4pm.

You must register in advance. Cost of class is \$75.00 cash or money order. You can get points off your driving record, or get your license reinstated, or get a discount on your driving insurance.

Hodac's Victim Resource Center seeks volunteers for Volunteer Response Teams

Attention!

Must be 18 with own transportation

Must submit to Background check

Must pass a Drug Screen

Please call Hodac, Inc. at 478-953-5675

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Drug Free Work Week: October 19-25, 2009

Drug-Free Work Week is a dedicated time each year to highlight the benefits that drug-free workplace programs bring to employers, workers and communities. And, it's a time to work toward making every week a drug-free work week! It spreads the word that working drug free works to prevent accidents and make workplaces safer; improve productivity and reduce costs; encourage people with alcohol and drug problems to seek help. According to recent research, it's a message that many workers need to hear. 75 percent of the nation's current illegal drug users are employed—and 3.1 percent say they have actually used illegal drugs before or during work hours. 79 percent of the nation's heavy alcohol users are employed—and 7.1 percent say they have actually consumed alcohol during the workday. Drug-free workplace programs help protect employers and employees alike from the potentially devastating consequences of worker alcohol or drug abuse.