



MYTH: "SMOKING WEED IS NOT AS BAD AS SMOKING A CIGARETTE"

TRUTH:

Marijuana smoke has many of the same chemicals as tobacco smoke.

Some of these chemicals can cause cancer, and smoking at least doubles a baby's risk of dying from sudden infant death syndrome (SIDS). You should not allow anyone to smoke in your home or around your baby.



MYTH: "EVEN MY GRANDMOTHER USES EDIBLES"

TRUTH:

Vaped, eaten or smoked, THC is still THC.

Though smoking or vaping cannabis has the added risk of harmful smoke exposure, using marijuana edibles still exposes you and your baby to THC.



MYTH: "ONE JOINT IS NOT GOING TO HURT MY BABY"

TRUTH:

Pregnant or breastfeeding women should avoid using any forms of cannabis.

Recent studies suggest that babies born to moms who use cannabis during pregnancy may have trouble learning and paying attention when they get older.

FOR MORE INFORMATION, TALK TO YOUR HEALTH CARE PROVIDER.

WEST VIRGINIA PERINATAL PARTNERSHIP

Working Together for Healthier Mothers and Babies

wvperinatal.org



Get the support you need. If you or someone you know needs help with substance use, call:

1-800-HELP4WV

Use QR code below for more information about programs for pregnant women.



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PREGNANCY, BREASTFEEDING & MARIJUANA



MYTH: “IT’S OKAY TO USE MARIJUANA BECAUSE IT IS LEGAL IN WEST VIRGINIA”

TRUTH:

Though medical marijuana is now legal in West Virginia, that doesn’t mean it is safe if you are pregnant or breastfeeding.

MYTH: “BUT MARIJUANA IS NATURAL”

TRUTH: Not all natural substances or plants are safe. Tobacco and poisonous berries are found in nature but are not safe. Cannabis contains THC, which may harm a baby. Also keep in mind that cannabis purchased on the street may be laced with Fentanyl or other harmful substances.

MYTH: “VAPING IS OK BECAUSE IT’S SAFER”

TRUTH: Vaping is NEVER a safe option for a pregnant or breastfeeding woman. The vapor contains many chemicals and heavy metals, such as lead, which can be harmful to the baby.

THC, the chemical in cannabis that makes you feel high — can cross the placenta and reach the fetus. Additionally, the use of CBD products (with or without THC) has exploded in popularity for various medical conditions, yet there is little known about the long term effects of CBD used during pregnancy.

Studies show that marijuana use during pregnancy may be harmful to a baby’s health and cause a variety of problems, including:

FETAL GROWTH RESTRICTION
Baby is smaller than it should be because it did not grow at the rate it should have in the womb.

PRETERM BIRTH
Baby is born early, before 37 weeks of gestation.

LOW BIRTH WEIGHT
Baby is born weighing less than 5 lbs., 8 oz.

RISK OF STILLBIRTH
Death or loss of baby before delivery.

LONG-TERM BRAIN DEVELOPMENT ISSUES
Baby may have learning, memory or behavioral concerns.



MYTH: “I CAN JUST PUMP AND DUMP”

TRUTH:

“Pumping and dumping” doesn’t work because of the slow and unpredictable release of THC from fat cells.

THC can be found in breast milk up to 30 days after the last use. Because breast milk contains a lot of fat to help the baby grow, regular use of THC can accumulate into high concentrations in breast milk. As a baby’s brain is still forming even after birth, THC consumed in breast milk can affect brain development.

MYTH: “THERE’S NOT THAT MUCH THC IN MARIJUANA”

TRUTH:

Over the last two decades, the concentration of THC in cannabis has increased from 4% to 15%, and is documented as reaching levels as high as 30%.

