Marijuana and Pregnancy

How Does Marijuana Impact Pregnancy and the Developing Child?

THC, tetrahydrocannabinol, is the main psychoactive ingredient in marijuana.

- THC crosses the placenta and enters fetus's bloodstream and brain.
- THC can reduce the blood flow from the uterine artery to placenta.
- THC stays in the bloodstream of chronic users for weeks, not days.
- THC enters breast milk of lactating mothers.

Potential Pregnancy and Newborn Risks

- Stillbirth
- Mood Disorders
- Preterm Delivery
- Sudden Infant Death Syndrome
- Behavioral Disorders
- Low Birth Weight

Potential Child Development Risks

- Decreased IQ Scores
- Attention Problems
- Decreased Growth
- Smaller Brains
- Decreased Academic Ability
Marijuana: Becoming More Potent

The potency of marijuana has changed significantly since DEA started testing.

Change in Average Potency of THC in Marijuana (1995 - 2013)*

<table>
<thead>
<tr>
<th>Year</th>
<th>% THC</th>
</tr>
</thead>
<tbody>
<tr>
<td>1995</td>
<td>3.96</td>
</tr>
<tr>
<td>1997</td>
<td>5.01</td>
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<tr>
<td>1999</td>
<td>4.6</td>
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<tr>
<td>2001</td>
<td>6.11</td>
</tr>
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<td>2003</td>
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</tr>
<tr>
<td>2005</td>
<td>8.01</td>
</tr>
<tr>
<td>2007</td>
<td>9.58</td>
</tr>
<tr>
<td>2009</td>
<td>9.75</td>
</tr>
<tr>
<td>2011</td>
<td>11.13</td>
</tr>
<tr>
<td>2013</td>
<td>12.02</td>
</tr>
</tbody>
</table>

Data is from lab tests done on marijuana confiscated by the DEA

28% Current Potency
Marijuana is being sold with advertised THC concentrations as high as 28%.

200% THC Increase
The concentration of THC in marijuana has increased 200% since 1995.

"LEGAL" and "NATURAL" does NOT mean safe

The use of marijuana in any form can be dangerous to your baby. This includes eating, drinking, smoking, vaping, and applying topically.

Recommendations:
- Talk to your doctor about quitting or reducing your marijuana use while pregnant and/or breastfeeding.
- Your doctor can help you find healthier and safer ways to manage any symptoms, such as nausea, that you may be experiencing.

More Resources
Mother to Baby Factsheets on Marijuana and Pregnancy: mothertobaby.org/fact-sheets/marijuana-pregnancy/pdf
Smoking During Pregnancy: cdc.gov/reproductivehealth/maternalinfanthealth
Treating for Two: cdc.gov/pregnancy/meds/treatingfortwo
American Academy of Pediatrics Healthy Children at all Stages: healthychildren.org

* Source: Biol Psychiatry. 2016 Apr 1; 79(7): 613–619

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