

Alcohol, Cigarette and Substance Use During Pregnancy



During pregnancy, your consumption of food, beverage, or all you drink or enter into the body will affect you and your baby. To have a healthy pregnancy, you need to make changes such as eating healthy and being physically active. It is important that as soon as you know that you are pregnant, you definitely avoid alcohol, cigarettes, and drugs (legal, illegal). These substances can cause problems for you during pregnancy and for your baby before and after birth. This is because much of these substances pass from the bloodstream to the placenta, and reach the baby, their effects could be harmful and even deadly.

How do alcohol, cigarettes and drugs affect pregnancy?

If you use drugs, alcohol or cigarettes during pregnancy, your risk of anemia, blood infections affect your heart, skin, liver function (hepatitis), and may increase sexually transmitted diseases.

Some of the problems that pregnant women may face are:

- Spontaneous abortion
- Lack of vitamin absorption
- Seizures
- Hallucinations
- Problems in vital organs
- Premature abruption of the placenta
- Preeclampsia
- Premature labor
- Brain damage



Is there a time during pregnancy where alcohol can be consumed?

Alcohol can cause problems for the unborn baby throughout the pregnancy, even before a woman knows she is pregnant. A woman could get pregnant and not know it until the 6th week. This means that she could drink alcohol and expose the unborn baby. The best recommendation for her is to stop alcohol consumption at the beginning of pregnancy planning.

How do alcohol, cigarettes and drugs affect the baby?

These substances cause damage and addiction on both the mother, and the unborn baby. Some factors can be:

- Physical and mental development problems
- Deformation of the reproductive or urinary organs
- Low birth weight
- Respiratory problems
- Fetal alcohol syndrome
- Heart problems
- Cleft lip or palate
- Seizures
- Learning and behavior problems
- Sudden Infant Death Syndrome
- Depression



Why, if you consumed alcohol during your last pregnancy, your child was born well?

Every pregnancy is different. Exposure to alcohol before birth can cause more harm to one child than another. Some intellectual and behavioral problems are not immediately apparent but can appear at any time during childhood.

If you have just found out that you are pregnant and have consumed alcohol, smoked, or used substances. What should you do?

It is very important that you stop drinking, smoking, and using drugs completely as soon as you find out about your pregnancy. Because the baby's brain and organs continue to develop throughout pregnancy. Stop consuming and using these substances as soon as possible.

If you have used or are currently using any amount of alcohol, drugs, or cigarettes, talk to your doctor as soon as possible. Sharing these details with your obstetrician is the only way to ensure proper treatment for both of you and find out what you can do to prevent complications.

What to do to stop consuming alcohol, cigarettes, and substances?

If it's hard for you to quit using alcohol, drugs, or cigarettes, talk to your doctor about how to get help, there are a variety of treatments that can help you. The options for pregnant women include behavioral treatments and mutual support groups. Your doctor may be able to help you determine the best option for you.



Social and Emotional Aspect

For recommendations, tools, and resources on how you and your family can deal with the emotional and physical concerns that arise during pregnancy, contact your primary care physician, or communicate with the following telephone lines:

Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

APS Healthcare

787-641-9133

Referencias:

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