

CANNABIS BREAKDOWN



1 WHAT TO KNOW

CANNABIS ALSO KNOWN AS MARIJUANA, WEED, AND POT



WORDS TO KNOW

Tetrahydrocannabinol (THC) is the main psychoactive (affecting the mind) chemical in cannabis products that gives a high sensation.

Cannabidiol (CBD) is another chemical in cannabis, but it is not psychoactive. Though there are many health claims related to CBD, currently it has only been FDA-approved to treat a rare form of epilepsy.

Secondhand Smoke is the smoke that comes off the end of a lit cannabis product or that someone who smokes blows out after taking a puff.

Thirdhand Smoke refers to the chemicals from cannabis smoke/vape aerosol that stick to clothes, hair, carpets, bedding, and furniture. You can't see thirdhand smoke, but at times you can smell it.

Vape Aerosol (Vapor, Vape Cloud) is what is inhaled and exhaled from vape devices. It contains tiny particles, chemicals, flavorings, and THC.

TYPES OF CANNABIS



Smoked (Blunt, Joint, Pipe, Bong)
Contain carbon monoxide and often things such as pesticides, bacteria/fungi, heavy metals such as lead, and chemicals. Blunt wraps can contain both nicotine and THC, which increase health risks. The secondhand and thirdhand smoke contains carbon monoxide and other harmful chemicals.



Edibles
Takes longer for THC effects to begin, but can produce a longer and stronger high. Two main risks:
1. Overconsumption (taking too much), which can cause panic attacks, paranoia, and hallucinations.
2. Accidental poisoning



Vape Products
THC, flavorings, and other chemicals are heated to create an aerosol. There is not much information about the long-term health effects of vaping but is known to cause serious lung injury.



K2 (Spice, Synthetic Cannabis)
Human-made chemical that is sprayed on plant material, and contains extremely high THC levels and other chemicals. K2 use has also been linked to serious physical and mental health problems.



DABS (Wax, BHO, Budder)
Contain very intense doses of THC and other chemicals used to heat the product.



Topicals
The amount of THC, CBD, and other compounds varies greatly by the lotion, oil, etc. These make their way into your bloodstream from your skin.

FIRST BREATH
CAN HELP
NO JUDGMENT. JUST SUPPORT.

Get the free information and support you need to stop or cut down on substance use while pregnant, breastfeeding, and caregiving.
www.joinfirstbreath.org | (608) 888-2768 | TEXT "FB" TO 29669
LOOKING FOR SUBSTANCE USE TREATMENT OR RECOVERY SERVICES? CALL 2-1-1 OR (833) 844-4874

2 USE DURING PREGNANCY & BREASTFEEDING

CANNABIS IMPACT ON PREGNANCY



*Research on cannabis use during pregnancy is limited, partly because the amount of Tetrahydrocannabinol (THC) and other chemicals your baby is exposed to varies depending on how you ingest (take in) cannabis.

WHEN USING CANNABIS PRODUCTS...

THC, carbon monoxide, and other chemicals in cannabis first pass through the placenta (the organ present at pregnancy that gives baby nutrients), then the umbilical cord (tube connecting placenta to baby), and finally to your baby.

Cannabis use during pregnancy is linked with...

- **Premature birth** (baby born early) – especially when also using tobacco products
- **Anemia** (low blood iron) – puts baby at even higher risk of premature birth and other problems

Cannabis use during pregnancy may also be linked with...

- **Low birth weight**, which can lead to other problems
- **Stillbirth** (loss of baby after 20 weeks)

DO YOU KNOW?

Many cannabis users (up to 80%) use other substances such as alcohol and tobacco. Using more than one substance has been shown to greatly increase the risk of health problems for you and your baby.

IMPACT ON LONG-TERM HEALTH FOR CHILDREN

CHILDREN WHO WERE EXPOSED TO CANNABIS DURING PREGNANCY ARE AT A HIGHER RISK OF:

- Sleep problems as babies
- Behavioral problems
- Anger and violence
- Lower IQ
- Cannabis use as adolescents
- Developmental delays
- Doing things without thinking
- Attention and learning problems

Some people use cannabis to manage nausea, increase appetite, or manage mental health symptoms during pregnancy. Because of the long-term risks to your baby, it is not recommended. Talk to your health care provider about safer options.

CANNABIS IMPACT ON BREASTFEEDING



THC is in your breast milk and is taken in by baby when baby feeds.



The amount of THC in breast milk (aka chest or human milk), and amount taken in by baby, varies. A baby's THC level can be up to 8 times higher than yours. THC may build up in baby's system after many uses.



THC shows up in your breast milk within 1 hour of use and can stay in breast milk for up to 6 days.

THC is stored in baby's fat. Baby's brain and body are made up of a lot of fat, so THC stays in baby's system for a long time.

Cannabis use during breastfeeding is linked with...

- Problems with growth and strengthening of bones and muscles and ability to move around
- Lower milk production

Cannabis use during breastfeeding may also be linked with...

- Tremors (shakes) in babies
- Poor sucking and feeding
- Slow weight gain

HOW TO REDUCE RISKS WHILE BREASTFEEDING

AVOID USING CANNABIS.
OR have pumped, clean milk to safely feed baby. "Pumping and dumping" relieves pressure but does not clear THC. The only thing that clears THC from your breast milk is time.

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3 IMPACT ON CAREGIVING & YOU

CANNABIS IMPACT ON CAREGIVING



CANNABIS USE IMPAIRS THE FOLLOWING:

- **Performance**
- **Learning**
- **Memory**
- **Attention**

These impairments make it hard to care for children, respond to their needs, and keep them safe.

Second and thirdhand cannabis smoke and vape aerosol have many harmful chemicals.

Vape products can be dangerous...

- Batteries have caused fires and explosions.
- Children and adults have been poisoned by swallowing, breathing, or absorbing the liquid when it gets on their skin.

DO YOU KNOW?

Babies are at a higher risk of Sudden Infant Death Syndrome (SIDS) when caregivers use cannabis.



HOW TO REDUCE RISK TO OTHERS WHILE CAREGIVING

AVOID USING CANNABIS.

- Keep your home free of cannabis smoke and vape aerosol.
- Ask a trusted, sober adult to watch your child(ren) while under the influence.
- After smoking, take a shower and change your clothes before handling your baby.
- Do not drive while using cannabis, especially with children in the vehicle. Keep products out of reach of children.
- Practice safe sleep to reduce the risk of SIDS. Babies should sleep on their backs and in their own crib with no blankets, pillows, stuffed animals, or crib bumpers.



OR IF YOU ARE STRUGGLING TO QUIT...

CANNABIS IMPACT ON YOU



INDIVIDUALS WHO STOP OR GREATLY REDUCE CANNABIS USE REPORT:

- Improved ability to cope with stress, anxiety, and depression, and improved overall mood.
- Improved focus, attention, and memory.
- Improved overall health, especially lung health.
- Fewer relationship problems.

FOR THOSE LIVING WITH A MENTAL HEALTH DISORDER

Cannabis use can trigger anxiety and other mental health symptoms. If you have a family or personal history of schizophrenia, it is strongly recommended you avoid cannabis.

FOR THOSE CONSIDERING USING CANNABIS FOR MEDICAL PURPOSES

- Cannabis use can make some health conditions worse, especially lung conditions, such as asthma.
- Always talk to your health care provider about the risks and benefits.
- All forms of cannabis, including cannabidiol (CBD) products, are known to have an effect on prescription and over the counter medications.



QUITTING CANNABIS IS POSSIBLE!

- Talk to your health care provider.
- Call the Wisconsin Addiction Recovery Helpline for substance use treatment or recovery services at 2-1-1 or (833) 944-4673.

If you are receiving treatment for a substance use disorder, continue working with your team to safely care for your family.

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