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| **Risks of Stillbirth from substance use in pregnancy**   * Tobacco use—1.8 to 2.8x greater risk of stillbirth/highest risk found among heaviest smokers * Marijuana Use—2.3x greater risk of stillbirth * Evidence of any stimulant, marijuana, or prescription pain reliever—2.2x greater risk of stillbirth * Passive exposure to tobacco—2.1x greater risk of stillbirth   **Symptoms of drug withdrawal:**  Can develop immediately or up to 14 days after birth:   * blotchy skin coloring * excessive or high-pitched crying * abnormal sucking reflex * hyperactive reflexes * increased muscle tone * stuffy nose & sneezing * diarrhea * rapid breathing * increased heart rate * irritability * sleep problems * trembling * fever * seizures * sweating * poor feeding * slow weight gain * vomiting   **Long-term and possibly fatal effects:**   * sudden infant death syndrome (SIDS) * small head circumference * low birth weight * premature birth * birth defects | **Resources**  Substance use can leave lasting effects on your newborn. Acknowledging a need for help is difficult, yet important decision. Your care team is available to help support you and provide you with the resources you need to help stop use to ensure a healthy pregnancy for you and your newborn. Please ask to meet with Social Work at your next appointment or speak with your provider to complete a referral.    **SMOKING CESSATION**  *\*Speak to provider for specific assistance*    North Kansas City Hospital: ‘Give Up Tobacco’ Email Mary Valla at [mary.valla@NKCH.org](mailto:mary.valla@NKCH.org) or call (816)691- 1690 for more information.    KU Medical Center: RN schedules appts for smoking cessation. Call (913)588-1908 for more information. |