



SUBSTANCE ABUSE DURING PREGNANCY

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SMOKING

When you smoke, your baby is exposed to the same chemicals that you inhale in the cigarette smoke. Smoking during pregnancy can cause miscarriage, low birth weight

babies, and Sudden Infant Death Syndrome (SIDS). (SIDS is the unexplained death, usually during sleep, of a seemingly healthy baby less than a year old).

Some moms start smoking again after the baby is born, but infants who are exposed to secondhand smoke, which is smoke breathed out by a smoker, after birth are also at a greater risk of SIDS. Kids exposed to secondhand smoke get sick more often with illnesses like bronchitis, pneumonia, wheezing, coughing, and ear infections. Remember, there is no risk-free level of exposure to secondhand smoke. Smoking is also harmful to your own health.

If you need help quitting, you can call 1-866-SD-QUITS or talk to your OB/GYN at IHS about other resources on the reservation.

METHAMPHETAMINE (METH)

The Dakota Pride Center is the main resource on the reservation to seek help for serious drug addiction like meth. You can call them at 605-698-3917.

If you seek help at Dakota Pride, their number one goal is to ensure your health and the health of the baby. They keep your situation confidential and will never turn you into the police for seeking help.

Meth can damage brain cells, affect memory, cause hallucinations, and decrease

your appetite. Smoking and inhaling meth can damage your lungs and nose. Sharing needles or syringes when injecting meth puts you at risk for HIV and hepatitis C. Meth use can result in stroke and heart failure.

Using meth while you're pregnant can cause your baby to be delivered before it's fully developed (premature delivery). Your placenta can even be separated from your uterus.



Once your baby is born, your baby can become lethargic and develop heart and brain abnormalities. Using meth during pregnancy impacts your child's entire life. Children whose mothers used meth during pregnancy have trouble with attention, are more stressed, and are less aroused.

If you use meth, you may feel angry and violent, especially when the drug wears off. You may do things that you normally wouldn't do. Meth may make you stay awake for long periods of time and feel anxious, afraid, paranoid, or depressed when it wears off. Because of these withdrawal effects, it can be difficult to quit. Dakota Pride can help you through these first, difficult stages of quitting and help you get on the road to recovery. There are also several support groups in the SWO community for recovering addicts. Contact

Dakota Pride for more detailed information on the dates and locations of these groups.