

# Birth to Five News

Supporting and Enriching Families  
in Tazewell County

## MARIJUANA:

### DO YOU HAVE QUESTIONS? HERE ARE SOME ANSWERS!

It is not true that marijuana is “healthy because it is natural” or “safe because it is legal.” Both of these ideas are false! Just because marijuana is now legal in Illinois does not mean that it is safe! It is important to have accurate facts about the risks and harm related to marijuana use.

Smoke from marijuana contains many of the same toxins, irritants and cancer-causing agents as tobacco smoke. Smoked marijuana can harm lung tissue and lead to a great risk of bronchitis. [www.cdc.gov](http://www.cdc.gov)

**Are you concerned about marijuana and it’s affects on yourself or loved one? Here are some community resources that might help you!**

- Unity Place/Proctor provides treatment [www.unitypoint.org/peoria/unityplace.aspx](http://www.unitypoint.org/peoria/unityplace.aspx)
- Illinois Addiction Recovery <http://www.addictionrecovery.org>
- Residential Treatment can be done with New Leaf through Human Service Center. <https://sobernation.com/listing/new-leaf-peoria-il/>
- Gateway Wellness Center in Pekin: <https://www.gatewayfoundation.>
- Tazwood Center for Wellness: (309) 347-5522
- White Oaks Human Service Center: 1-800-475-0257



#### Brain

**health:** Marijuana can cause permanent IQ loss of as much as 8 points when people start using it at a young age. These IQ points do not come back, even after quitting marijuana.



#### Mental

**health:** Studies link marijuana use to depression, anxiety, suicide planning, and psychotic episodes. It is not known, however, if marijuana use is the cause of these conditions.

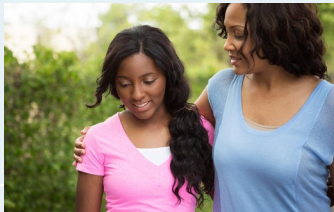
([www.samhsa.gov](http://www.samhsa.gov))

Call 9-8-8  
for an emergency line for  
suicide prevention!

## MARIJUANA AND WHAT IT MIGHT MEAN TO YOU

### What it means for teens:

There is evidence that teens who use marijuana are more likely to participate in other risky behaviors, including risky sexual behaviors, use of alcohol and cocaine, driving while intoxicated, poorer grades in school, missed days at school and work and mental health problems. Take some time to talk with your teens about their perception of marijuana. (www.jahonline.org)



### What it means for breastfeeding:

Using marijuana while breastfeeding can allow harmful chemicals to pass from the mother to the infant through breast milk or secondhand smoke exposure. Chemicals from marijuana in any form (including edibles, oils or other concentrates) can be passed from a mother to her infant through breast milk! (www.cdc.gov) Because the chemical called THC is stored in body fat, it stays in your body a long time. A baby's brain and body involve a lot of fat. That means your baby's brain and body may store THC for a long time! (Monitoring Health Concerns Related to Marijuana in Colorado: 2016 Report.)

**Breastfeeding is warmth,  
nutrition, and love all  
rolled into one.**



www.LLLUSA.org

### What it means for parenting:

Marijuana use by parents may also impair a mother or other caregiver's judgement and ability to care for an infant. Also, parents of teens need to know that they can help their teen children delay substance use by communicating clear expectation for nonuse, monitoring behavior, and providing consistent and appropriate discipline. (www.apa.org)



### What it means for pregnancy:

Marijuana use during pregnancy can be harmful to the baby's health! The chemicals in marijuana pass through the mother's system to her baby and can increase the baby's risk of developmental problems. (www.cdc.gov)

*If you are pregnant or breastfeeding and need help to stop using marijuana, talk to your doctor. Or call 1-800-CHILDREN for help.*