

Quit Drinking and Drugs for Your Baby's Sake

Did you know that if you drink alcohol, smoke or take drugs while you're pregnant, your baby does, too?

Alcohol and drugs can harm your baby.¹

Using alcohol, cigarettes, and illegal drugs like marijuana, cocaine, crystal meth, heroin, and other drugs may affect your baby's:

- Hearing
- Sight
- Learning
- Heart
- Size
- Strength
- Behavior
- Looks
- Liver
- Kidneys
- Nervous system

Give your baby a healthy start.

Drinking alcohol, smoking and taking drugs can hurt your unborn baby. According to the March of Dimes, there is a greater chance your baby will:

- Be born too early.
- Be born too small.
- Have one or more birth defects.
- Have withdrawal symptoms.
- Have learning or behavior problems.

What can you do?²

Instead of drinking alcohol, smoking, and using other drugs, take care of yourself. This is the time to be good to yourself and your baby. Talk to your doctor before you use any prescribed drugs, over-the-counter medicines and herbal supplements.



Before you get pregnant...

Stop smoking and drinking. Quit using marijuana, crystal meth, cocaine, heroin and other drugs. If you cannot stop using drugs or alcohol, talk to your doctor. It might seem hard at first to talk about your problems, but your doctor is there to help. You also can call the private, toll-free number of any of the groups listed below.

- The Center for Substance Abuse Treatment at **1-800-662-HELP (1-800-662-4357)**
- The National Council on Alcoholism and Drug Dependence at **1-800-NCA-CALL (1-800-622-2255)**
- The Tobacco Research and Intervention Program at **1-877-954-2548** or call the Tobacco Quit Line at **1-800-QUITNOW (1-800-784-8669)**
- March of Dimes **www.marchofdimes.com**

If you Need Help

If you need help to stop using drugs and alcohol, talk to your doctor or nurse. They will keep this information private. You also can contact any of the groups listed here.



BlueChoice HealthPlan Medicaid

Customer Care Center: **1-866-781-5094**

TTY line: **1-866-773-9634**

MedCall®: **1-866-577-9710**

TTY line: **1-800-368-4424**

www.bluechoicescmedicaid.com

TTY lines are only for members with hearing and speech loss.



Medicaid

Sources: ¹Centers for Disease Control and Prevention, *Birth Defects: Frequently Asked Questions* (Accessed August 2009): <http://www.cdc.gov/ncbddd/bd/faq1.htm#Whatisabirthdefect>

²National Institutes of Health, *Care before and during Pregnancy-Prenatal Care* (Accessed August 2009): http://www.nichd.nih.gov/womenshealth/research/pregbirth/prenatal_care.cfm

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