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**Menopause, Andropause And Other Hormone Imbalances**  
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**Help I am Pregnant and an Addict**

**By Patty Hone**

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There are a lot of resources on the internet, in books, and from the medical community on the dangers of drug and alcohol use during pregnancy. However, there is not very much quality information on what you should do if you have a problem with alcohol or drugs and are pregnant. The simple answer is you need to quit. With all the treatment programs available; AA, treatment facilities, therapy, self-control, etc., why wouldn't a women be able to get help. Why would anyone use drugs or alcohol while they are pregnant. Most pregnant moms know or have read that using drugs or alcohol can cause numerous problems for their unborn baby. But there are many reasons women avoid treatment.

Some do not believe they are really an addict or alcoholic. They may convince themselves that they don't drink or use very much or that often. The truth, if you are not capable of quitting during a time in your life when it is most essential that you do not drink or use, you are an addict. If you were not addicted quitting during pregnancy would not be difficult.

Many women falsely believe that an occasional drink or drug use is not really harmful. They may minimize their problem and rationalize what they are doing. They may say things like well when my mother was pregnant she drank/smoke and I turned out fine.

Sometimes a woman may convince herself that she is done and it won't happen again. Perhaps she has used during the first month but she will tell herself, I will get help if I do this again. With the next time it happening repeating the same rational in her mind, each time thinking it is the last.

Addiction is a shameful disease. Addicts come in all forms. People with addiction can hide their disease very well. Their friends and family may not even realize that they have a problem. Talking to a health professional about this may be something they are too afraid to do.

They may be afraid to talk to a professional for fear of having an investigation by Child Protective services.

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Marijuana supporters put out a lot of false information about the risks to an unborn child. Minimizing the dangers, even going as far as to say babies born to marijuana users are less fussy and more content. They may choose to believe this misinformation in order to avoid facing their addiction.

Risks of using drugs and alcohol during pregnancy

Smoking:

Babies are more likely to be born preterm and with low birth weight.

Alcohol:

Can cause Fetal Alcohol Syndrome. Babies born with FAS may have symptoms of alcohol withdrawal shortly after birth. They often have a small head, small eyes, a wide flat nose, and a small jaw. Children with FAS may have growth problems, diminished mental capacity, and emotional problems.

Marijuana:

Can cause preterm birth, low birth weight and some studies say it can cause attention problems in children.

Cocaine:

Babies born to cocaine users often go through withdrawal symptoms after birth. Fetal growth may be retarded, there is a greater risk of premature labor and abruption of the placenta. Babies often have low birth weight, may have feeding problems, and are at greater risk of SIDS. Children of cocaine addicted mothers may have emotional problems, short attention span, and learning disabilities.

Heroin and other narcotics:

Mother is at a greater risk of having preterm labor and having a baby with low birth weight. Babies of heroin addicted moms may have breathing difficulties, hypoglycemia, and intracranial hemorrhage. They also will go through withdrawal after birth.

If you need help

If you think that you have a problem there are places to get help. Please do not wait.

One of the best places to get help is at  
Alcoholic Anonymous

Or you can look in your phone book under alcoholic anonymous. Someone there will gladly help you find meeting locations and someone to talk to.

Resources

NIDA

March of Dimes

American Council for Drug Education

Patty Hone is a wife and mommy to three kids. She is also the owner of

.

Justmommies is an online community for mommies to make friends and find support. Please visit Justmommies at

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## **Are You Addicted To Hydrocodone?**

**By Heather Colman**

Addiction to Hydrocodone is very common and increased usage is being noted as a rising trend. This is largely due to the easy availability of this drug. It is often consumed with other drugs that are not severely restricted and these mixtures usually come in the form of painkillers that are prescribed by doctors. Some of the common preparations that are used are Vicodin and Lortab.

Medications containing Hydrocodone can come in tablet, capsule or syrup forms and all preparations are taken orally. In its pure form it is very hard to obtain, because of its addictive nature.

The symptoms of addiction are anxiousness to take the drug and the need to take more of the drug to get the desired effect. To feed their addiction, many addicts go from doctor to doctor faking the severity of a condition in order to obtain the medication. Some resort to criminal behavior such as breaking into pharmacies to steal the medication or forging prescriptions.

After prolonged usage, Hydrocodone begins to control the brain to make itself the highest priority. This makes the addict compelled to use the drug to gain pleasure from it. Hydrocodone addiction is a physical habit as well as a psychological habit. It is rare that an addict can quit this addiction on his or her own. In order to obtain help, an addict must seek treatment from a medical professional.

Treatment for addicts consists first of detoxification to rid the body of the drug. Once this is accomplished, the patient can be given treatments such as methadone and LAAM. These are much the same as the treatments used for heroin addicts. During this treatment period, there is often counseling offered for the psychological damage sustained while taking Hydrocodone over a long period.

Hydrocodone also has many common side effects such as light-headedness, nausea, drowsiness, euphoria and vomiting. Some of the less common side effects may include allergic reactions, blood

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disorders, anxiety, lethargy, difficulty urinating, breathing difficulties and rashes.

It is not recommended that pregnant women take this drug, as the effects on the unborn fetus are unknown. It is also recommended that alcohol be avoided as there is an increased risk of liver damage and overdosing causing hepatotoxicity. Alcohol is often mixed with Hydrocodone preparations because of the feelings of euphoria or drowsiness that are experienced.

It is recommended that if you feel you may either be at risk of addiction or you are already addicted, you should seek the advice of a doctor immediately. He or she can help you approach this problem with helpful advice and treatment. If you have a loved one who is addicted, there are support groups available to counsel and help families of addicts understand the addiction.

Disclaimer: The information presented here should not be interpreted as or substituted for medical advice. Please talk to your doctor to learn more about Hydrocodone.

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