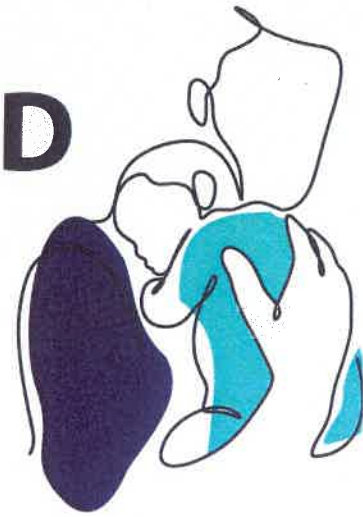



MARIJUANA USE: FAST FACTS FOR FATHERS AND FATHERS-TO-BE

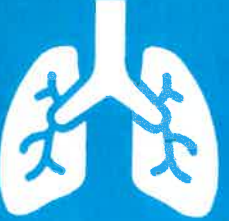


Fathers and Fathers-To-Be who use marijuana are putting their health and their children's health at risk. Here are some of the potential health effects:


1 Miscarriages are more likely to happen when the father uses marijuana more than one time per week, compared to when a father uses marijuana once a week or less.¹




2 When parents smoke marijuana around their infants, the infants are more likely to be admitted to the emergency department with a viral respiratory infection compared to infants whose parents do not smoke marijuana near them.²



3 When a father uses marijuana during his partner's pregnancy, there is a higher likelihood that their child will have psychotic-like symptoms, compared to children whose father did not use marijuana during their pregnancy.³



4 A study found that children of fathers with a lifetime marijuana use disorder (addiction) were more likely to start using both alcohol and marijuana by the age of 15. Another study found that children who live with parents who use marijuana are more likely to use marijuana during their adolescent and young adult years.^{4,5}



5

Marijuana use can harm the male reproductive system. Impacts include changes in sperm shape, size, and movement, along with lowered hormone levels and erectile dysfunction. Marijuana use may affect fertility (ability to conceive a child), especially in couples having trouble conceiving.⁶



6

Marijuana use can harm your heart by increasing your heart rate and blood pressure and causing irregular heartbeat. Marijuana increases your risk for heart attack, heart disease, stroke, and sudden cardiac death.⁷



7

The number of young children who ingest marijuana products such as edibles that were not properly stored away by parents, grandparents, and babysitters has drastically increased, causing poisonings and hospitalizations. Children who have ingested marijuana experience various symptoms including slurred speech, inactivity, confusion, seizures, vomiting, and slowed breathing.^{7,8}



8

Marijuana can harm your mental health as it is linked with increased psychosis, depression, schizophrenia, and suicidal thoughts.⁷



These risks rise as marijuana use and potency increase.

<https://www.marijuanaknowthetruth.org/marijuana-and-pregnancy>

References:

- ¹ Harlow, A. F., Wesselink, A. K., Hatch, E. E., Rothman, K. J., & Wise, L. A. (2021). Male preconception marijuana use and spontaneous abortion: A prospective cohort study. *Epidemiology*, 32(2), 239-247. <https://doi.org/10.1097/EDE.0000000000001303>
- ² Johnson, A. R., Wang, G. T., Wilson, K., Cline, D. B., Craven, T. E., Slaven, S., Raghavan, V. R., & Mistry, R. D. (2021). Association between secondhand marijuana smoke and respiratory infections in children. *Pediatric Research*, 91(7), 1769-1774. <https://doi.org/10.1038/s41390-021-01641-0>
- ³ Tiemeier, H., Kushner, S. A., Yalniz, S., Hillegers, M. H., Jaddoe, V. W. V., Tiemeier, H., & Marroun, H. E. (2018). Maternal and paternal cannabis use during pregnancy and the risk of psychotic-like experiences in the offspring. *Schizophrenia Research*, 202, 322-327. <https://doi.org/10.1016/j.schres.2018.06.067>
- ⁴ Henry, K. L. (2017). Fathers' alcohol and cannabis use disorder and early onset of drug use by their children. *Journal of Studies on Alcohol and Drugs*, 78(3), 458-462. <https://doi.org/10.15288/jsad.2017.78.458>
- ⁵ Madras, B. K., Han, B., Compton, W. M., Jones, C. W., Lopez, E. F., & McCance-Katz, E. F. (2019). Associations of parental marijuana use with offspring marijuana, tobacco, and alcohol use and opioid misuse. *JAMA Network Open*, 2(11), e1916015. <https://doi.org/10.1001/jamanetworkopen.2019.16015>
- ⁶ Srinivasan, M., Hamouda, R. K., Ambedkar, B., Arzoun, H. I., Sahib, I., Fondeur, J., Escudero Mendez, L., & Mohammed, L. (2021). The effect of marijuana on the incidence and evolution of male infertility: A systematic review. *Cureus*, 13(12). <https://doi.org/10.7759/cureus.20119>
- ⁷ Finn, K. (2020). Cannabis in Medicine: An Evidence-Based Approach. Springer Nature Switzerland AG. <https://doi.org/10.1007/978-3-030-45968-0>
- ⁸ Tweet, M. S., Nemanich, A., & Wahl, M. (2023). Pediatric edible cannabis exposures and acute toxicity: 2017-2021. *Pediatrics*, 151(2). <https://doi.org/10.1542/peds.2022-057761>