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## The Effects of Alcohol and Opioid Withdrawal During Pregnancy

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# The Effects of Alcohol and Opioid Withdrawal During Pregnancy

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Omaha South High School 2022

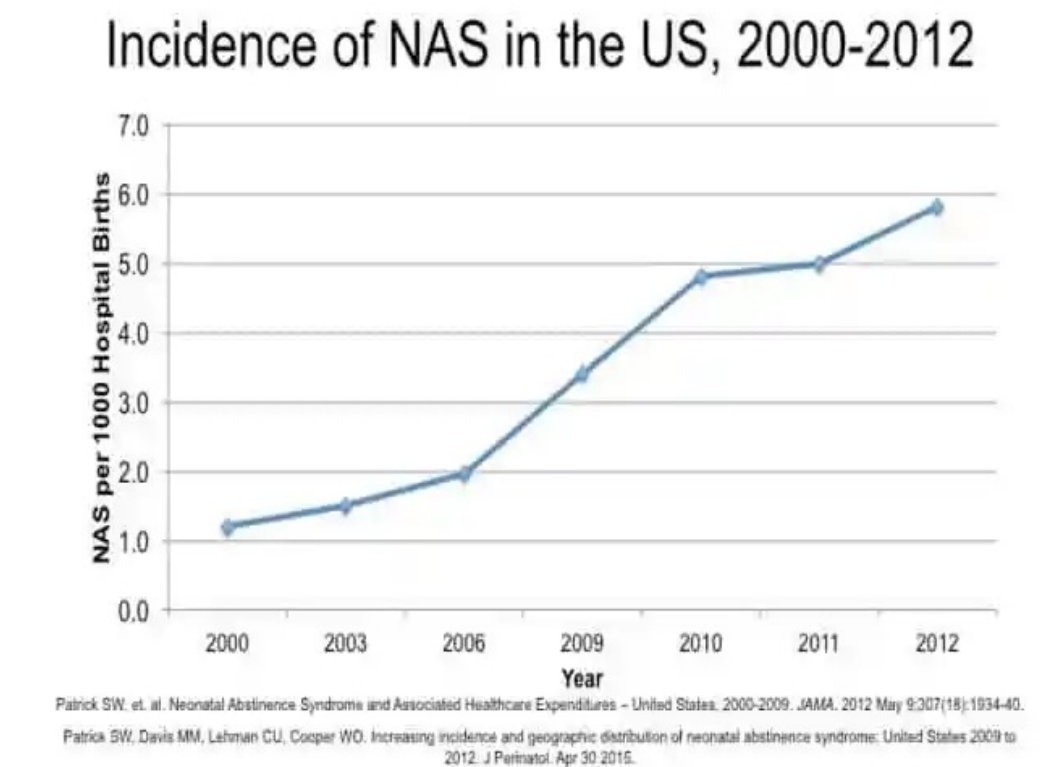
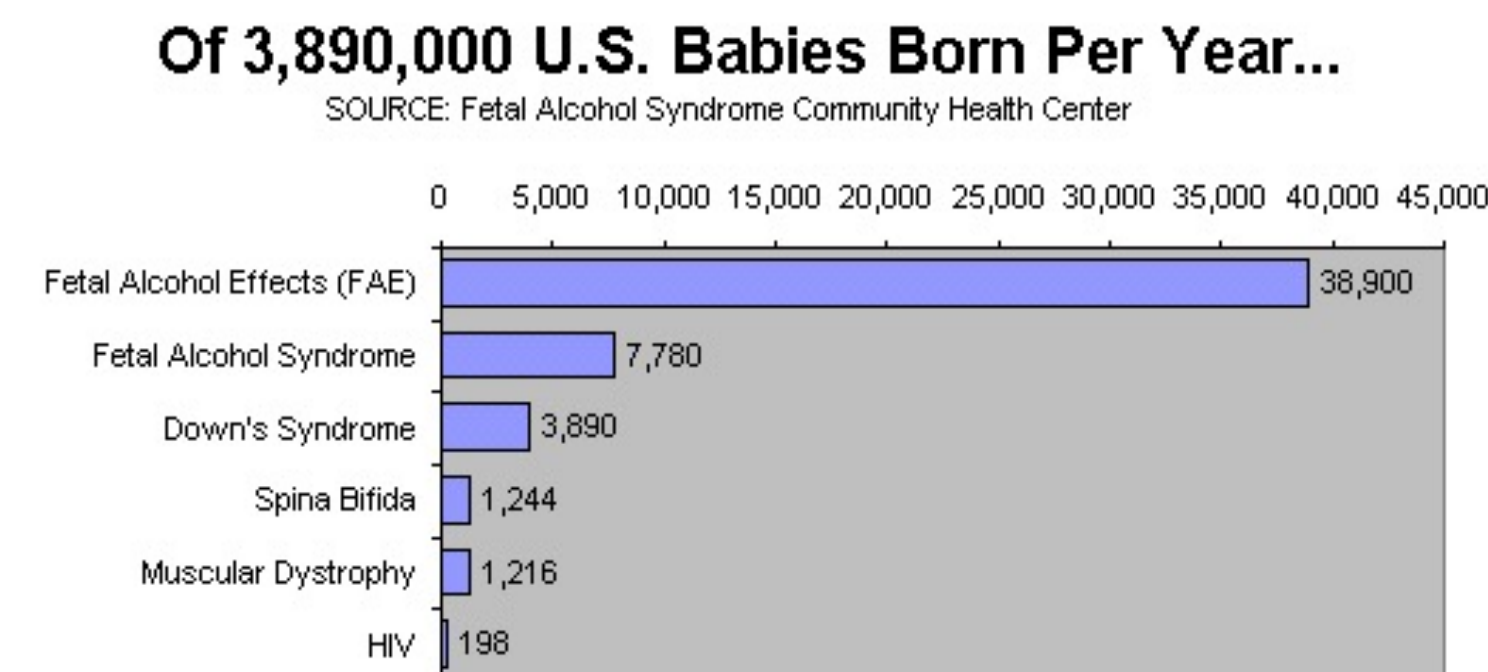
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## Abstract

Alcohol and opioid withdrawal is very common, especially in the United States. People, including pregnant women go through withdrawal when they lower the number of substance(s) they have daily or just stop suddenly. Since the body is used to having a high dosage, when it's lowered or stopped, the body reacts in ways that can be very painful commonly known as withdrawal. As for pregnant women, when they allow these substances in their body, it can be extremely harmful to the baby. These babies can develop conditions such as Neonatal Abstinence Syndrome (NAS) or Fetal Alcohol (FAS) syndrome. Statistics show that 7,780 babies are born with FAS out of 3,890,000 U.S. babies born per year and 21,732 infants were born with NAS nationwide in 2012 with numbers steadily rising. With such high occurrences and the large number of people who suffer from these preventable diseases, it is important to know how dangerous these behaviors are not only to the mother but the baby's health.

## Key points

- NAS occurs when mothers abuse opioids during pregnancy and symptoms includes having a baby with high temperatures, feeding problems, and tremors.
- FAS occurs when mothers consume alcohol while pregnant, commonly leading to a baby who can develop intellectual disabilities, suffer from seizures, and physical abnormalities.
- While NAS is treatable, and FAS is not.



## Conclusion & Discussion

Research has shown the use of alcohol and opioids have a long-lasting impact on the health and well-being of both mother and child when consumed during pregnancy. This includes Fetal Alcohol Syndrome which unfortunately, is non treatable. Neonatal Abstinence Syndrome is a result of opioid use during pregnancy but is treatable. Some future research ideas are studies on fetal alcohol syndrome and what's the best way to help the children with this condition. There is also a gap in research on long term effects on babies with NAS.

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