



Renfrew County and District Health Unit
"Optimal Health for All in Renfrew County and District"

For Immediate Release

(Pembroke, Ontario, November 16, 2018)

Cannabis: Your Family's Health and Safety

In response to the legalization of cannabis, Renfrew County and District Health Unit is focused on preventing and reducing harms related to cannabis. We want you to be aware of the effects cannabis can have on your family's health and safety. The health unit **advises to avoid cannabis use:**

- **If planning a pregnancy**, as it may affect the ability to become pregnant. Cannabis use has been shown to affect sperm counts and sperm quality in men and change a woman's menstrual cycle.
- **If pregnant**, as using cannabis during pregnancy causes the toxins to be carried through the mother's blood to her developing baby. This may cause the baby to have low birthweight, reduced alertness, slower growth and lasting developmental effects into childhood and adolescence. Smoking cannabis also reduces the supply of oxygen to the developing baby.
- **If breastfeeding**, as the Tetrahydrocannabinol (THC) in cannabis passes through breast milk to the baby. This may affect baby's brain and motor development and have lasting effects into adolescence and adulthood.
- **If parenting**, as cannabis can impair the ability to make good decisions. Cannabis use affects how you interact with your children, respond to their needs and keep them safe. Avoid exposing infants and children to second hand smoke as it can be harmful to their health.

Consult your healthcare provider, follow [Canada's Lower Risk Cannabis Use Guidelines](#), and keep all cannabis products locked up and out of reach of children and youth, if you choose to use cannabis.

For additional information please visit the Renfrew County and District Health Unit website at www.rcdhu.com.

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