

Pregnancy & Substance Use

Drinking alcohol during pregnancy can cause Fetal Alcohol Syndrome (FAS). FAS is the name given to a combination of mental and physical defects that can be present at a baby's birth and continue throughout a child's life. One of the most serious defects is mental retardation. In addition, FAS can result in miscarriage, permanent brain damage, and smaller size, trouble gaining weight, abnormal facial features, heart and kidney problems, and serious lasting behavior problems. Using drugs during pregnancy can cause similar symptoms in a fetus or infant, including: miscarriage, prematurity, newborn withdrawal syndrome, strokes, seizures, growth and developmental delays, cognitive impairment, permanent brain damage, stillbirth, and sudden infant death syndrome (SIDS) (SAMHSA).

Tuberculosis (TB)

Tuberculosis (TB) is caused by a bacterium called *Mycobacterium tuberculosis*. The bacteria usually attack the lungs, but TB bacteria can attack any part of the body such as the kidney, spine, and brain. Not everyone infected with TB bacteria becomes sick. As a result, two TB-related conditions exist: latent TB infection (LTBI) and TB disease. People who have latent TB infection do not feel sick, do not have any symptoms, and cannot spread TB to others. TB symptoms include persistent cough lasting 3 weeks or more, chest pain, coughing up blood or sputum, weakness/fatigue, weight loss, no appetite, chills, fever, and night sweats. If not treated properly, TB disease can be fatal. TB bacteria are spread through the air from one person to another. The TB bacteria are put into the air when a person with TB disease of the lungs or throat coughs, speaks, or sings. People nearby may breathe in these bacteria and become infected. People with TB disease are most likely to spread the germs to people they spend time with every day, such as family members or coworkers. If you have been around someone who has TB disease, you should go to your doctor or your local health department for tests. TB disease can be treated by taking several drugs for 6 to 12 months. It is very important that people who have TB disease finish the medicine, and take the drugs exactly as prescribed (CDC.gov/TB).

HIV, AIDS, and Viral Hepatitis

People who abuse drugs and/or alcohol are at greater risk of contracting or transmitting HIV and viral hepatitis; lack of treatment can lead to mental health issues. In the United States, about 1.1 million people live with HIV, and about one in six (more than 180,000) do not know they are infected. According to the Centers for Disease Control and Prevention (CDC), people with substance use disorders are at greater risk of contracting or transmitting an HIV infection because the misuse of drugs and/or alcohol can impair judgment and contribute to poor decision making (for example, sex without condoms or unprotected sex with multiple partners). According to The National Survey on Drug Use and Health (NSDUH) Report on HIV/AIDS and Substance Use – 2010, one-fourth of people ages 12 and older who had been told by a doctor they had HIV/AIDS engaged in binge drinking in the past month, and nearly one-third used illegal drugs in the past month. Injection drug use and needle sharing are responsible for about 10% of HIV cases annually, and one in six people with HIV/AIDS have used an illegal drug intravenously in their lifetime. In particular, studies have shown a strong link between

methamphetamine use and the transmission of HIV among men who have sex with men, a population group disproportionately affected by HIV and AIDS.

Viral hepatitis (including hepatitis B and hepatitis C), like HIV, can be transmitted through the use of injection drugs, at birth from an infected mother, and unprotected sexual contact with an infected person. A vaccine is available to prevent infection with hepatitis B, and this vaccine is routinely included in childhood vaccination regimens, but the vaccination status of anyone with a mental and/or substance use disorder should be checked to assure that they cannot be infected. If needed, the hepatitis B vaccine should be offered to anyone entering behavioral health treatment. The CDC recommends that people who inject drugs get vaccinated against hepatitis A and hepatitis B. Currently, there is no vaccination against hepatitis C. Co-infection with hepatitis C occurs in a quarter of Americans living with HIV. Among injection drug users and needle sharers, rates of co-infection are even higher (80%). Most people with hepatitis C are unaware of their infection and, for many, this can result in significant damage to the liver including the development of life-threatening conditions such as cirrhosis or hepatocellular carcinoma. Among people living with HIV, liver disease due to hepatitis C is the most common cause of non-AIDS related death (SAMHSA.gov/HIV). Today, more tools than ever are available to prevent HIV. You can use strategies such as abstinence (not having sex), limiting your number of sexual partners, never sharing needles, and using condoms the right way every time you have sex. You may also be able to take advantage of newer HIV prevention medicines such as pre-exposure prophylaxis (PrEP) and post-exposure prophylaxis (PEP). If you are living with HIV, there are many actions you can take to prevent passing it to others. The most important is taking medicines to treat HIV (called antiretroviral therapy, or ART) the right way, every day. They can keep you healthy for many years and greatly reduce your chance of transmitting HIV to your partners (cdc.gov/hiv).

Local Resources/Sites:

	Harvey County	McPherson County	Marion County
Prenatal Care:	Harvey County Health Dept. 215 S. Pine Newton, KS 67114 (316) 283-1637	Various Providers (contact McPherson County Health Department for a list)	Marion County Health Dept. 5004 S. Roosevelt Marion, KS 66861 (620) 382-2550
HIV/AIDS, STD, TB Testing:	Harvey County Health Dept. 215 S. Pine Newton, KS 67114 (316) 283-1637	McPherson Co. Health Dept. 1001 N. Main McPherson, KS 67460 (620) 241-1753	Marion County Health Dept. 5004 S. Roosevelt Marion, KS 66861 (620) 382-2550
Primary Medical Care:	Health Ministries 720 Medical Center Dr. Newton, KS 67114 (316) 283-6103	Grace Med Health Clinic 322 N. Main St., Suite 101 McPherson, KS 67460 (620) 504-6187	Health Ministries Mobile Unit (316) 283-6103
HIV/AIDS Treatment:	Dr. Donna Sweet 1001 N Minneapolis St, Wichita, KS 67214 (316) 293 - 1840		