

# Managing cannabis use in breastfeeding women

January 15 2020

---



Credit: Mary Ann Liebert, Inc., publishers

As more states legalize medicinal and recreational cannabis use and increasingly decriminalize cannabis, the risk to the growth and development of breastfeeding infants whose mothers use cannabis becomes a growing public health concern. The critical role that certified lactation consultants (CLCs) could play in postpartum management of cannabis use and a Call to Action to expand the role of CLCs is published in *Breastfeeding Medicine*.

The article entitled "Management of Cannabis Use in Breastfeeding Women: The Untapped Potential of Certified Lactation Consultants" was coauthored by Kara Skelton, Ph.D. and Sara Benjamin-Neelon, Ph.D., MD, MPH RD, Johns Hopkins Bloomberg School of Public Health (Baltimore, MD) and Kelly Young-Wolff, Ph.D., MPH, Kaiser Permanente Northern California (Oakland, CA) and University of California, San Francisco.

CLCs are specialized [healthcare professionals](#) who provide evidence-based support for the clinical management of breastfeeding. The authors encourage obstetricians and pediatricians to partner with CLCs to help identify women who are using cannabis while [breastfeeding](#) and to provide education and counseling to encourage them to suspend or at least minimize cannabis use while nursing. Data have shown that the [active ingredient](#) in cannabis is transferred to the infant via breastmilk and remains in the infant's system for about 6 days, raising concern what adverse effect it may have on the infant's long-term growth and neurodevelopment.

Arthur I. Eidelman, MD, Editor-in-Chief of *Breastfeeding Medicine*, states: "CLCs are a potential asset to the healthcare team caring for the maternal/infant dyad, and because of their intimate personal involvement with mothers they can serve as the critical professional in guiding nursing mothers on the proper use of cannabis products."

Research reported in this publication was supported by the National Institutes of Health under Award Number K01 DA043604. The content is solely the responsibility of the authors and does not necessarily represent the official views of the National Institutes of Health.

**More information:** Kara R. Skelton et al, Management of Cannabis Use in Breastfeeding Women: The Untapped Potential of Certified Lactation Consultants, *Breastfeeding Medicine* (2019). [DOI: 10.1089/bfm.2019.0272](https://doi.org/10.1089/bfm.2019.0272)

Provided by Mary Ann Liebert, Inc

Citation: Managing cannabis use in breastfeeding women (2020, January 15) retrieved 11 May 2024 from <https://medicalxpress.com/news/2020-01-cannabis-breastfeeding-women.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.