

Evolving Information on the Safety of Substance Use in Lactation

In this session, **Christina Chambers, PhD, MPH, a perinatal epidemiologist from UC San Diego and Principal Investigator of MotherToBaby Pregnancy Studies**, reviews what is known and what still requires further study on the use of alcohol, cannabis and other substances by breastfeeding women, and how this translates to clinical practice. Participants should leave this session with a better understanding of the potential effects of substance use on infant growth and development, how knowledge gaps in this area are being addressed, and how to translate current knowledge into clinical situations in midwife practice.

Participants will gain a clearer understanding of the potential short- and long-term impacts of maternal substance use on infants and learn how ongoing research is addressing current knowledge gaps. The session will also focus on translating this evidence into practical clinical guidance, including strategies for counseling breastfeeding women, supporting informed decision-making, and integrating risk assessment into midwifery care.

This webinar is designed to enhance the knowledge and clinical skills of midwives and other healthcare providers involved in maternal-child health.

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Continuing Education (CE) credits are available for ACNM members and non-members who view this session via the ACNM Online Learning Center.

Questions? Call 866.626.6847 | Text 855.999.3525 | Email or Chat at [MotherToBaby.org](https://www.MotherToBaby.org).

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In the second webinar of a two-part series, **Marcela Smid, MD, MS, MA, Associate Professor at the University of Utah** and member of the **Society for Maternal-Fetal Medicine (SMFM)**, explores the growing impact of emerging substances—fentanyl, kratom, and xylazine—on pregnancy and maternal mental health.

These substances pose unique risks during the perinatal period, yet remain poorly understood in both research and clinical settings. Dr. Smid discusses what is currently known about their use, effects on pregnancy outcomes, and implications for newborn health. She also addresses the challenges of diagnosis and treatment in the context of substance use disorder and co-occurring mental health conditions.

This presentation provides evidence-informed insights for healthcare professionals, public health advocates, and anyone working to support pregnant women affected by substance use. Attendees will gain critical knowledge to better recognize, respond to, and care for those impacted by these evolving substance-related concerns.



**Fentanyl, Kratom and Xylazine:
Perinatal Effects of New(er) and
Emerging Substances of Concern**

Marcela Smid, MD, MS, MA

**Associate Professor, University of Utah
Member, Society for Maternal-Fetal Medicine**



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Evolving Information on the Safety of Substance Use in Lactation

Pregnancy is a critical time for identifying and managing co-occurring substance use disorders (SUD) and mental health conditions, yet these overlapping challenges are often underdiagnosed and undertreated. In the first installment of this two-part webinar series, **Marcela Smid, MD, MS, MA, Associate Professor at the University of Utah** and member of the **Society for Maternal-Fetal Medicine (SMFM)**, explores the complex intersection of pregnancy, SUD, and mental health.

Dr. Smid shares insights on the diagnostic difficulties faced by clinicians, the barriers pregnant women encounter when seeking care, and the stigma that often prevents treatment. Drawing from research and clinical experience, she offers evidence-informed strategies to support patients and improve outcomes.

This presentation is essential for healthcare providers, public health professionals, and advocates committed to improving maternal mental health and addressing the unique needs of pregnant women facing substance use and mental health conditions.



**When Pregnancy, Substance Use Disorder
and Mental Health Conditions Collide:
Diagnostic and Treatment Challenges and their
Evidence-Informed Solutions**

Marcela Smid, MD, MS, MA

Associate Professor, University of Utah
Member, Society for Maternal-Fetal Medicine



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