

Common Teratogens

Drug	Effects
<u>Depressants</u>	
Alcohol	Small amounts increase risk of spontaneous abortion. Moderate amounts (1-2 drinks per day) may result in attention deficit disorder (ADD). Heavy amounts associated with fetal alcohol syndrome (FAS), reported to be a cause of mental retardation, facial deformities, and defects of limbs and heart.
Tranquilizers	During first 3 months of pregnancy, associated with cleft palates and other deformities.
Barbiturates	Babies may be addicted. Irritability, possible seizure-like activity.
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<u>Opiates</u>	
Heroin	Prematurity, low birthweight, physical defects, even death is possible. During first year, remains less attentive to environment. Some children improve after first year; others do not.
Methadone (less addictive, an artificial opiate)	Same characteristics as above, except slightly less risky.
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<u>Stimulants</u>	
Nicotine	Heavy smoking (1 plus pack per day) correlates with low birth-weight (5.5 lbs. or less). May affect lungs. Apgar scores show higher than normal heartbeat and respiration. Babies tend to be hyperactive.
Cocaine	Taken in first 3 months of pregnancy, may result in hypertension, heart problems, retardation, After 3 months, may lead to dependency/withdrawal problems, hyperactivity, and perceptual motor problems. May affect sperm and cause defects.
Amphetamines	Have been associated with birth defects.
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<u>Other</u>	
Marijuana	Has been associated with defective ovum and sperm prior to birth and can increase probability of birth defect. If used during pregnancy, may result in tremors, startles, abnormally high-pitched cry and reduced attention in the infant.
Aspirin	Has been associated with uterine bleeding. May in connection with certain viral infections, result in Reyes syndrome.

Sexually transmitted Diseases	Effects
HIV/AIDS	HIV-positive pregnant women may have the best chance of preventing transmission to their newborns by having an elective cesarean delivery and undergoing AZT therapy while pregnant. In a study of 1,917 HIV-positive mothers who did not receive AZT, 17.2 percent transmitted HIV- 1 to their infants. Among those who received AZT and gave birth vaginally, 6.6 percent transmitted HIV-1 to their infants. Among those who received AZT and had an elective C-section, only 0.8 percent transmitted HIV-1 to the infants.
Syphilis	Eye lesions and skin lesions, problems of CNS, gastrointestinal tract problems.
Herpes	If birth canal is infected 1/3 die, 1/4 develops brain damage. Can cause miscarriage.
Cytomegalovirus	Effects are very similar to herpes.
Gonorrhea	Miscarriage. May cause birth defects. Often difficult to detect by pelvic exam.
Other diseases	
Chicken pox	Associated with physical malformation, retardation, and low birth-weights. More dangerous in first trimester.
Rubella	Heart defects; vision problems; deafness; genital, urinary, and intestinal abnormalities; plus mental retardation, More damage occurs in embryonic stage. In fetal stage, low birth weight, hearing loss, bone abnormalities. Intelligence is thought to be adversely affected.
Tuberculosis	Miscarriage, possible physical abnormalities.
Malaria	Miscarriage, low birth-weight.
Toxoplasmosis	Miscarriage, physical malformation, mental retardation, and low birth-weight.
Other factors	
Radiation	Mutations and possible later effects,
Environmental pollution	Mental retardation and other serious problems. Brain damage (even with low levels of exposure).
Mercury	
Lead	
PCBs	Memory problems and low verbal intelligence test scores.