

# Stimulants

Stimulant use of any kind can have adverse impacts on the health of individuals, especially those who are pregnant or trying to get pregnant. In addition, recent data on overdose deaths in the U.S. have increasingly included stimulants. Understanding the effects of stimulant use and having access to resources can assist in preventing stimulant-related illness, overdose, and improve the health of a community.



Stimulants can include legal (caffeine, nicotine, prescription stimulants) and illegal substances (cocaine, ecstasy, methamphetamine)



Stimulants are the second most used and abused substances in the United States and the second most used substance in pregnancy



General health risks associated with stimulant use include substance use disorders, cardiovascular health risks, infections, metabolic problems, gastrointestinal risks, and reproductive risks



Long term reproductive impacts of stimulant use can include infertility, irregular hormone levels, poor egg quality, and early menopause



Prenatal and pregnancy risks associated with stimulant use include increased need for NICU stay, neonatal withdrawal syndrome, pregnancy loss, congenital anomalies, fetal growth restriction, high blood pressure, placenta issues, prematurity, and low birth weight.



## SAMHSA TREATMENT FINDER


Scan the QR code or visit  
[findtreatment.gov](https://findtreatment.gov) to locate local  
treatment providers.

## REFERENCES AND RESOURCES

- ACOG 2020
- Cook et al 2017
- Sansone et al 2023
- Hunsaker et al 2022
- SAMHSA 2023
- De Giovanni et al 2012
- Minnes et al 2011
- Smid et al 2019
- Singer et al 2000
- Rohweder et al 2024
- Qian et al 2019
- Docherty et al 2021
- Colado et al 1997
- Fox et al 2007
- Cornish et al 2012
- Farzam et al 2023
- Song et al 2024
- Matar et al 2025
- Chen et al 2020
- SAMHSA, 2022
- Habersham et al 2025



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