

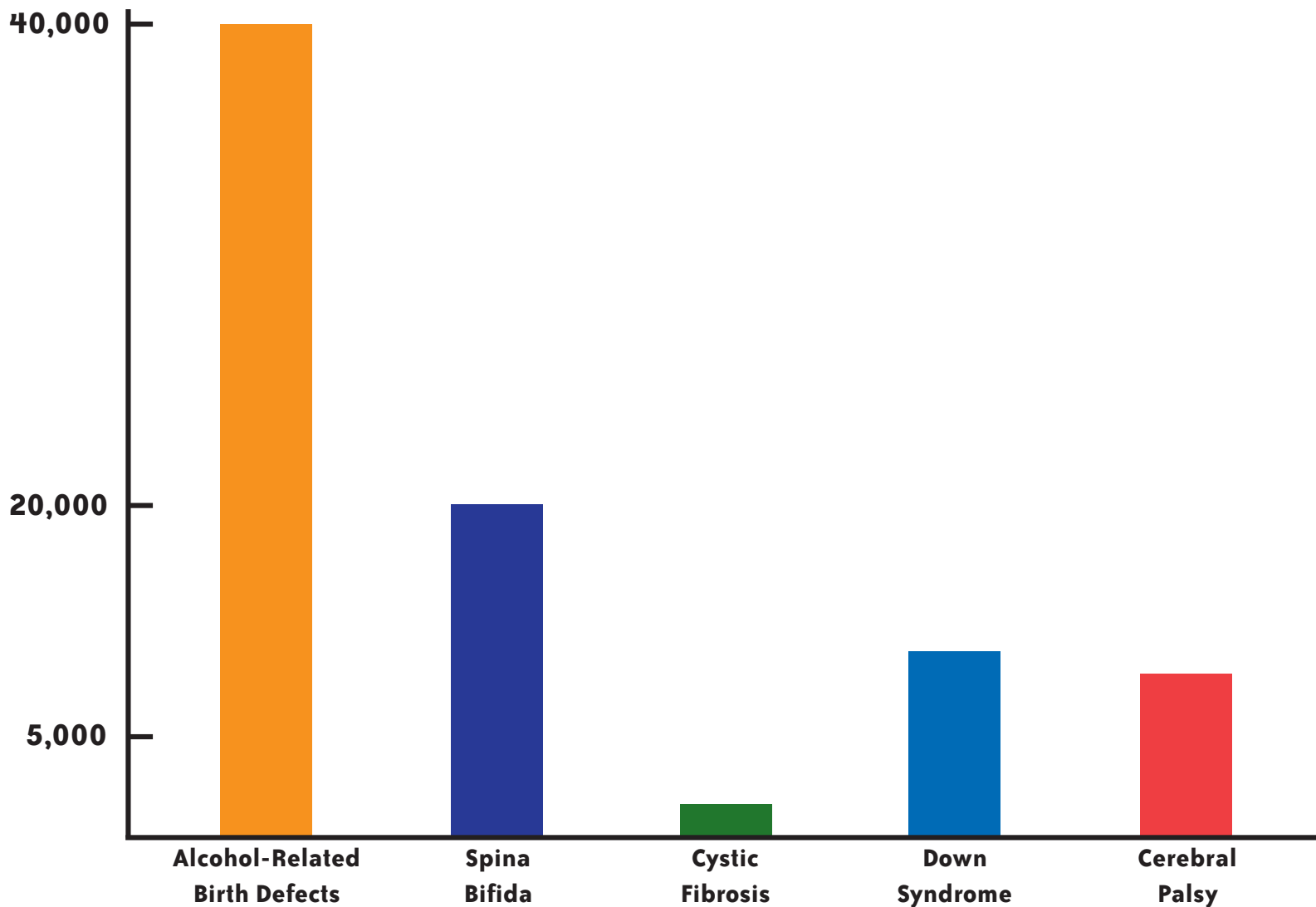


## Alcohol and Pregnancy Don't Mix



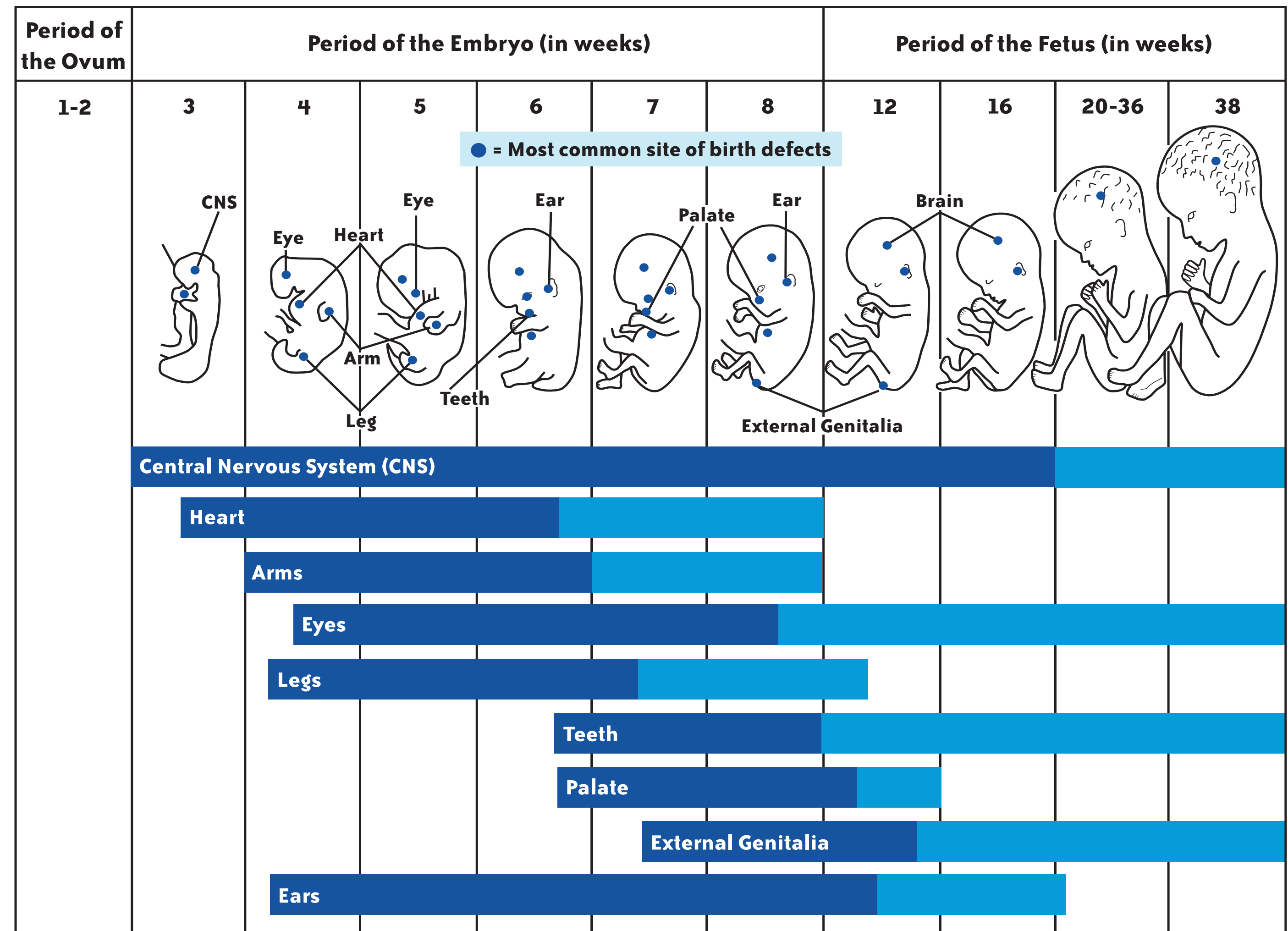
- **Drinking alcohol during pregnancy can cause birth defects, learning disabilities and behavior problems.**
- **No amount of alcohol is known to be safe to drink during pregnancy.**
- **Alcohol can harm a baby's brain at any time during pregnancy.**
- **Fetal Alcohol Spectrum Disorders (FASD) are caused by alcohol consumption during pregnancy.**
- **Fetal Alcohol Spectrum Disorders (FASD) are the leading known cause of mental retardation and birth defects.**
- **Children with Fetal Alcohol Spectrum Disorders (FASD) commonly have problems with learning especially in math and reading as well as problems with attention, memory and problem solving.**
- **Children do not "outgrow" FASD or the serious associated consequences. They become adolescents and adults who can have difficulties with learning, attention, memory, and problem solving.**
- **Fetal Alcohol Spectrum Disorders are 100% preventable if pregnant women abstain from alcohol.**
- **Not every baby whose mother drank alcohol when she was pregnant will be born with a FASD as a result of alcohol use.**
- **As many as 40,000 babies are born with some form of alcohol related disorders each year.**
- **Alcohol includes beer, wine and liquor**
- **Alcohol is worse for a developing baby than cocaine, heroin and marijuana.**

**ALCOHOL USE DURING PREGNANCY** is the leading known cause of mental retardation and birth defects annually.



**NO SAFE  
Time.  
NO SAFE  
Amount.  
NO SAFE  
Alcohol during  
Pregnancy.  
PERIOD.**

# Your Baby in Weeks



SOURCE: Jacobson, S. Assessing the impact of maternal drinking during and after pregnancy. *Alcohol Health & Research World*, 21(3), 1997.

The above chart shows your baby's vulnerability to defects during the different periods of development. The dark blue portion of the bars represents the most sensitive periods.



National Organization on Fetal Alcohol Syndrome  
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# National Organization on Fetal Alcohol Syndrome

Helping children & families by advocating for the prevention and intervention of Fetal Alcohol Spectrum Disorders, the leading known cause of mental retardation & birth defects in the United States.

## FASD: What Young People Should Know



### Fetal Alcohol Spectrum Disorders (FASD) is an

umbrella term describing the range of effects that can occur in an individual whose mother drank

alcohol during pregnancy. These effects may include physical, mental, behavioral, and/or learning disabilities with possible lifelong implications.

**FASD is 100% preventable if women abstain from drinking during pregnancy.**

### Young People and Drinking

Despite laws in every state that make it illegal for anyone under the age of 21 to purchase or possess alcohol, young people report that alcohol is easy to obtain.

- ♦ Alcohol is by far the most commonly abused substance by female adolescents with 36.5% of girls ages 12 to 17 reporting alcohol use.
- ♦ Underage binge drinking has become a social norm in the United States, with more than 7.1 million youth, ages 12 to 20, participating in this type of drinking pattern. Binge drinking was defined in this survey as five or more alcohol drinks in a row.
- ♦ Standard drink sizes are defined as 1.5 oz. of 80 proof liquor, 12 oz. of regular beer, or 5 oz. of table wine. Many cocktails may contain more than 1.5 oz. of liquor, combining several shots of liquor.



**“Of all the substances of abuse (including cocaine, heroin and marijuana), alcohol produces by far the most serious neurobehavioral effects in the fetus.”**

*Institute of Medicine, 1996*

### Young People and Pregnancy

Unplanned pregnancy poses one of the greatest challenges to preventing FASD. Alcohol is a major factor in unprotected sex among youth, increasing their risk of unplanned pregnancies.

- ♦ The rates of teen pregnancy are noticeably high in the United States, estimated at one million per year, 85% of which are unplanned.
- ♦ Nearly one quarter of sexually active teens and young adults report having unprotected sex (using no form of contraception) because of alcohol or drug use.

**Young women who are sexually active, not using contraception, and drinking alcohol are at risk for having a child with FASD.**



### Young people can help to prevent FASD by:

- ♦ Abstaining from alcohol use; abstaining from sexual intercourse;
- ♦ Volunteering with local FASD or substance abuse prevention coalitions;
- ♦ Organizing an FASD presentation for their school or other peer organization;
- ♦ Creating a peer education program to teach others about the consequences of drinking while pregnant;
- ♦ Writing letters to the editor or informational articles to their school newsletters or magazines that interest their age group;
- ♦ Select FASD as a topic for a school project;
- ♦ Encourage school/teachers to include FASD in their curriculum.

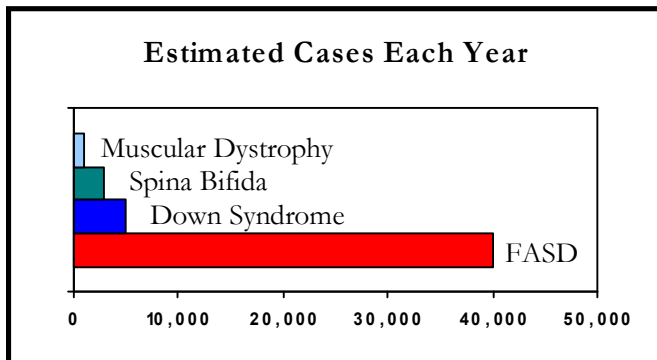


# National Organization on Fetal Alcohol Syndrome

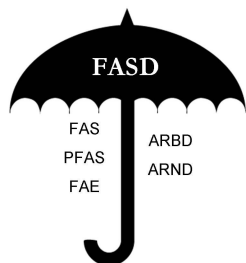
Helping children & families by advocating for the prevention and intervention of Fetal Alcohol Spectrum Disorders, the leading known cause of mental retardation & birth defects.

## FASD: WHAT EVERYONE SHOULD KNOW

Alcohol use during pregnancy is the leading known preventable cause of mental retardation and birth defects in the United States.



FASD affects an estimated 40,000 infants each year - more than Spina Bifida, Down Syndrome and Muscular Dystrophy combined.



### Fetal Alcohol Spectrum Disorders (FASD)

is an umbrella term describing the range of effects that can occur in an individual whose mother drank

alcohol during pregnancy. These effects can include physical, mental, behavioral, and/or learning disabilities with possible lifelong implications. The term FASD is not intended for use as a clinical diagnosis.

**FASD includes conditions such as:**

- ♦ Fetal alcohol syndrome (FAS)
- ♦ Partial fetal alcohol syndrome (PFAS)
- ♦ Alcohol-related neurodevelopmental disorder (ARND)
- ♦ Alcohol-related birth defects (ARBD)

Fetal alcohol effects (FAE) \* *obsolete terminology*

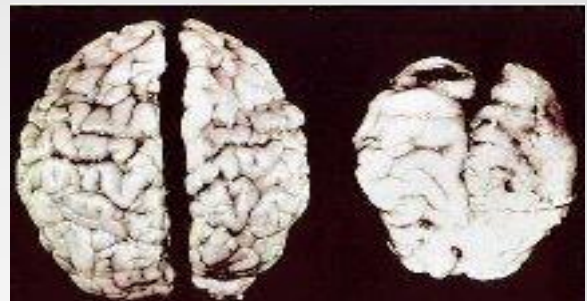
### What Are the Effects of FASD?

The effects of FASD vary among affected individuals. Outcomes associated with FASD can include:

- ♦ Specific facial characteristics
- ♦ Growth deficits
- ♦ Mental Retardation
- ♦ Heart, lung, and kidney defects
- ♦ Hyperactivity & behavior problems
- ♦ Attention & memory problems
- ♦ Poor coordination or motor skill delays
- ♦ Difficulty with judgment and reasoning
- ♦ Learning disabilities

**“Of all the substances of abuse (including cocaine, heroin and marijuana), alcohol produces by far the most serious neurobehavioral effects in the fetus.”**

*Institute of Medicine, 1996.*



Normal Brain      Severe FAS-Affected Brain

*Harwood, Am. J. Med, Genet. 2002*

- ♦ **FASD also takes an enormous financial toll on affected families and society as a whole.** Fetal Alcohol Syndrome (FAS), the most severe and least common effect under the FASD umbrella, costs the United States \$5.4 billion annually in direct and indirect costs. This is only a small portion of the total societal costs associated with FASD.

### How Can FASD Be Prevented?

While there is no cure for FASD, it is 100 percent preventable when pregnant women abstain from alcohol. Good reproductive care before knowledge of pregnancy would also assist in prevention of FASD to a great extent.