Fetal Alcohol Spectrum Disorders Are 100% Preventable

Fetal alcohol spectrum disorders (FASD’s) are caused by a woman drinking alcohol during pregnancy. Fetal alcohol spectrum disorders are 100% preventable with no alcohol intake by pregnant women. September 9, 2011 is International FASD Awareness Day.

Facts about fetal alcohol spectrum disorders:
- There is no known amount of alcohol that is safe to drink while pregnant.
- There is no safe time to drink during pregnancy and no safe kind of alcohol to drink while pregnant.
- The effects can include physical problems and problems with behavior and learning.
- These conditions can affect each person in different ways and can range from mild to severe.
- Prenatal exposure to alcohol is the leading known preventable cause of intellectual disabilities.
- 1 in 8 pregnant women report alcohol use (CDC).
- There is no cure for FASD’s.

A person with FASD might have:
- Abnormal facial features, such as a smooth ridge between the nose and upper lip
- Small head size
- Shorter-than average height
- Low body weight
- Poor coordination
- Hyperactive behavior
- Difficulty paying attention
- Poor memory
- Difficulty in school
- Learning disabilities
- Speech and language delays
- Poor reasoning and judgment skills
- Sleep and sucking problems as a baby
- Vision or hearing problems

To prevent FASD’s, a woman should not drink alcohol while she is pregnant or even when she might get pregnant. If a parent thinks there child might have an FASD, they should talk to their child’s doctor and share concerns. For more information visit: www.cdc.gov/ncbddd/fasd/facts.html

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