



# A PREGNANT WOMAN NEVER DRINKS ALONE.

100% preventable

Leading known preventable cause of birth defects and developmental disabilities

Can occur *anytime* a pregnant woman drinks

## Fetal alcohol spectrum disorder (FASD)

An umbrella term describing the range of effects that can occur in an individual exposed to alcohol.

## PREVENTION is the best cure

Ask all women of child-bearing age about alcohol use.



If you STOP drinking during the pregnancy, it will help the fetus.



Talk about the effects of alcohol on an individual and on a fetus.



If you're pregnant, **DON'T DRINK.**  
If you drink, **DON'T GET PREGNANT.**

## MYTHS AND TRUTHS about drinking during pregnancy

Myth or Truth?

Having one or two drinks during pregnancy is okay. It's just heavy drinking that can be a problem.

Truth

No one knows how much is too much. Drinking even small amounts can cause permanent damage. There is no safe time to use alcohol (or other drugs) during pregnancy.

Myth or Truth?

If you use alcohol or other drugs early in your pregnancy, there's no point quitting later.

Truth

If you stop using during pregnancy, you improve your chances of having a healthier baby.

Myth or Truth?

It's okay to drink beer or wine coolers during pregnancy because these substances aren't strong enough to cause a problem.

Truth

Beer and wine coolers are just as dangerous as other types of alcohol or other drugs and pose similar problems.



For more information on the effects of alcohol on women and the unborn child, or to schedule an educational presentation, contact:



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AN AFFILIATE OF



Upstate New York  
DePaul's National Council on Alcoholism and Drug Dependence- Rochester Area  
An affiliate of the National Organization of Fetal Alcohol Syndrome