

A Pregnant Woman Never Drinks Alone

Fetal Alcohol Spectrum Disorder

is an umbrella term describing the range of effects that can occur in an individual exposed to alcohol. Effects may include physical, mental, behavioral, and/or learning disabilities with life-long implications. Disabilities due to prenatal exposure range from mild to severe.

FASD is 100 percent preventable if a pregnant woman abstains from alcohol.

FASD is the leading known cause of preventable development disabilities.

FASD can occur anytime a pregnant woman drinks alcohol.

Drinking **ANY** alcoholic beverages are harmful, especially binge drinking (consuming four or more drinks on one occasion). Even a single binge during pregnancy has been associated with learning disabilities.

A pregnant woman should not drink any form of alcohol.

PREVENTION is the best cure:

- Ask all women of child-bearing age about alcohol use.
- Talk about the effects of alcohol on an individual and on a fetus.
- If you stop drinking at any time during the pregnancy, it will help the fetus.
- If you're pregnant, don't drink. If you drink, don't get pregnant.

Remember, there is **NO PROVEN SAFE AMOUNT** of alcohol during pregnancy.

Myths and Truths About Drinking During Your Pregnancy

Myth or Truth?

Having one or two drinks during pregnancy is okay. It's just the 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.

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

(from the Institute of Medicine Report to Congress, 1996)

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



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Upstate New York

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An affiliate of the National Organization on Fetal Alcohol Syndrome

