

Health Matters Fact Sheet: PREVENTING FETAL ALCOHOL SPECTRUM DISORDERS

When you drink alcohol,
so does your baby



- ✓ If you drink alcohol while you are pregnant, you can hurt your baby's brain, heart, kidneys, and other organs. This can result in a fetal alcohol spectrum disorder (FASD).
- ✓ Babies with FASDs may have trouble learning or controlling how they act. They may have a low IQ or develop more slowly than other kids.



1 in 13 women say they drank alcohol while pregnant

1 in 100 children in the US have an FASD



Prevent FASDs - stay alcohol-free while pregnant



Think before you drink

- ✓ There is no amount of alcohol that is proven to be safe to drink during pregnancy.
- ✓ Beer and wine are just as harmful as hard liquor.
- ✓ Alcohol can be harmful at all stages of a pregnancy - even before you know you're pregnant.
- ✓ If you have drunk alcohol during your pregnancy, it's never too late to stop. Talk to your health care provider.
- ✓ Talk to your health care provider if you are worried about how much you drink, even if you are not pregnant.
- ✓ Birth control can help you avoid getting pregnant until you are ready.

Ask yourself...



- Have I ever felt the need to cut down on my drinking?
- Do I get annoyed when people complain about my drinking?
- Do I sometimes need to have a drink in the morning when I first get up?
- Do I ever feel guilty about my drinking?

If you answered YES to 2 or more of these questions, you may need to limit your drinking.

Find support



There are lots of resources to help you limit or stop drinking alcohol.

- ✓ Talk to your health care provider about steps you can take to change your drinking habits.
- ✓ Visit these websites to learn more:
 - Rethinking Drinking (NIAAA)
rethinkingdrinking.niaaa.nih.gov
 - Easy-to-Read Drug Facts (NIH)
www.easyread.drugabuse.gov/alcoholfacts.php