The table below illustrates the impact of use during pregnancy that varies depending upon the drug. [Source: Institute for Health & Recovery, 2021]

[Meth refers to Methamphetamine. PCP refers to Phencyclidine.]

The above table clearly supports the statement made decades ago by the Institute of Medicine in their Report to Congress in 1996.

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

To ensure the health and safety of your child, consider eliminating the use of alcohol, tobacco and other drugs during your pregnancy. To schedule a presentation for your school staff or community group, contact Jennifer Faringer at jfaringer@depaul.org or call (585) 719-3480. Visit the NCADD-RA’s website at www.ncadd-ra.org/resources/awareness-campaigns/fetal-alcohol-spectrum-disorder/ for FASD education, intervention and diagnostic resources.

For more information on recovery services in Monroe County and the Finger Lakes region, visit https://ncadd-ra.org/resources/information-referral/.

More information on FASD and other substance use and mental health topics may be found on the NCADD-RA’s Facebook page at http://www.facebook.com/NCADORA/.

Remember, “A Pregnant Woman Never Drinks Alone.”

If you’re pregnant, don’t drink.
If you drink, don’t get pregnant.