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# *Pregnancy and Alcohol: A Terrible Mix*

## *Fetal Alcohol Spectrum Disorders Awareness Day 2008*

### *September 9, 2008*

September 9<sup>th</sup> was the ninth annual FASD Awareness Day. Many events were held at 9:09, the 9<sup>th</sup> minute of the 9<sup>th</sup> hour of the 9<sup>th</sup> day of the 9<sup>th</sup> month of the year. This date and time is used to remind women not to drink during the 9 months of pregnancy.

Each year more than 40,000 babies are born with FASD. What is FASD???? It is an umbrella term used to describe the range of things that can occur in a person whose mother drank alcohol during pregnancy. Effects may include physical, mental, behavioral, and/or learning disabilities with possible lifelong implications.

Fetal Alcohol Spectrum Disorders(FASD) are a series of birth defects that last a lifetime. Here are some common effects of FASD:

- Slower growth of fetus and/or smaller size at birth
- Smaller size in childhood and adulthood
- Small head, small eyes, cleft palate, short nose, flattened forehead
- Mental retardation, learning and developmental problems
- Serious behavioral problems, attention deficits
- Speech and hearing problems
- Heart and kidney defects

**TWIN LAKES CENTER**

**For Drug & Alcohol Rehabilitation**

What is a drink?

A standard drink is about 12 grams of alcohol, which is equal to:

- One 12-ounce bottle of beer or wine cooler
- One 5-ounce glass of wine
- 1.5 ounces of 80 proof distilled liquor, a shot

No level of alcohol use during pregnancy is known to be safe! Even light drinking during pregnancy can harm the unborn baby. All women who are pregnant, nursing or trying to become pregnant should stop drinking alcohol to give their children the best chance for a healthy life.

The incidence rate of fetal alcohol spectrum disorders is estimated at 1 out of every 100 live births. The only cause of FASD is - alcohol use during pregnancy. FAsd is 100% preventable!!!! Help is available for expecting moms or for those who want to become pregnant that have chemical abuse or addiction problems. Visit [FASDay.com](http://FASDay.com) for more information on this subject!

**“Stop and think. If you are pregnant, do not drink”**

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