
Pregnancy and Alcohol: A Terrible Mix

Each year more than 50,000 babies are born with alcohol-related damage. Fetal Alcohol Syndrome (FAS) is a series of birth defects caused by a woman's drinking alcohol when she is pregnant.

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

FAS causes physical deformations, mental retardation, heart defects, and serious behavioral and learning problems.

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.

Fetal Alcohol Syndrome (FAS) is a series of birth defects that lasts a lifetime. Here are some common effects of FAS:

- 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

When a child has a few of these problems but the case is milder, it is called Fetal Alcohol Effects (FAE). The effects of FAE are also life long.

The incidence rate of fetal alcohol syndrome is estimated at 1 out of 500 live births and the incidence rate of fetal alcohol spectrum disorders is estimated at 1 out of every 100 live births.

The only cause of FAS/FAE is alcohol use during pregnancy.

FAS/FAE is 100% preventable!!!!

WEBSITES WITH MORE INFO:

www.nofas.org

www.fetalalcoholsyndrome.com

www.cdc.gov/ncvddd/fas

www.acbr.com/fas

fascenter.samhsa.gov

www.niaaa.nih.gov

Help is available for expecting moms or for those who want to become pregnant that have chemical abuse or addiction problems.

SOMERSET COUNTY DRUG AND ALCOHOL PROVIDERS

Somerset Single County Authority for Drug & Alcohol – 814-445-1530

Twin Lakes Center for Drug & Alcohol Rehabilitation – 814-443-3639

24-Hour Access Line – 800-452-0218

TWIN LAKES CENTER

For Drug & Alcohol Rehabilitation

