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REAL QUESTIONS. REAL ANSWERS.

Q: WHAT IS FASD?

A: Fetal Alcohol Spectrum Disorders (FASD) is the term used to describe the many different problems caused by prenatal exposure to alcohol. Prenatal exposure to alcohol is the number one preventable cause of intellectual and developmental disabilities. Some of the other problems caused by prenatal exposure to alcohol include facial deformations, low birth weight, seizures and tremors, irritability, sleep disturbances, kidney defects, bone fusions, cleft lip, and visual and hearing impairments.

Q: IS IT OKAY TO DRINK A LITTLE BIT IF I AM PREGNANT?

A: No! The Surgeon General's updated report on FASD says that no alcohol consumption is recommended throughout pregnancy. There is no known safe time or safe amount to consume during pregnancy.

Q: WHAT DOES ALCOHOL DO TO THE BABY?

A: When a pregnant woman drinks, the alcohol enters her blood stream and passes directly through the placenta into the blood stream of the fetus. The blood alcohol content in the fetus can reach higher levels than in the mother and stay in the blood stream longer. (SAMHSA)

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Q: WHAT IF I DRANK ALCOHOL WITHOUT KNOWING I WAS PREGNANT?

A: STOP as soon as you find out. Any prenatal exposure to alcohol puts the fetus at risk. However you can reduce the risk by stopping as soon as you know.

Q: IS BINGE DRINKING A COUPLE OF TIMES AS HARMFUL AS REGULAR ALCOHOL CONSUMPTION?

A: Any and all alcohol consumption during pregnancy can be harmful to the fetus. Binge drinking is no exception and can result in serious fetal brain damage; even one episode of binge drinking can result in fetal damage and/or fetal brain damage.

Q: WHAT'S THE BIG DEAL? HOW MANY BABIES ARE REALLY BORN AFFECTED BY ALCOHOL?

A: According to prevalence rates published by the Center for Disease Control one out of every 100 newborn babies in the United States are born with a disability related to prenatal alcohol exposure. (Autism is less, 1 in 150).

The big deal is that FASD is 100% preventable!

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