

# Drinking alcohol could cause lifelong physical, mental, or behavioral disabilities to your unborn child. Why risk it?



LEARN ABOUT Fetal Alcohol Spectrum Disorders (FASD) @ NotEven1.org

## What is Fetal Alcohol Spectrum Disorder (FASD)?

FASD is the term for a group of lifelong impairments that can occur in a person who was exposed to alcohol before birth.<sup>1</sup>

## What are the causes of FASD?

FASD is caused by drinking alcohol during pregnancy, when alcohol in the mother's blood passes to the baby through the umbilical cord. Even before the mother knows she is pregnant, drinking alcohol could cause FASD. There is no known safe amount of alcohol or safe time to drink alcohol during pregnancy, while trying to get pregnant, or while breastfeeding. All types of alcohol could be harmful, including wines and beer.<sup>2</sup>

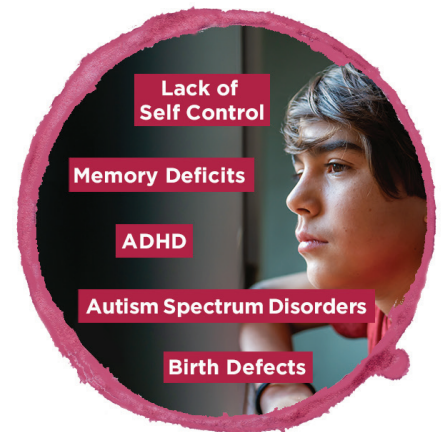
## What are common signs and symptoms of FASD?

FASDs include lifelong physical, behavioral, and intellectual disabilities. The conditions of FASD affect each person differently and may be mild for some people and severe for others. Some common signs and symptoms of FASD include:<sup>2</sup>

- Hyperactivity
- Mood disorders
- Hyper or hyposensitivity to light, sound, texture
- Difficulty paying attention
- Difficulty in school
- Problems with the heart, kidneys, or bones
- Intellectual disability or low IQ

## How can I prevent FASD?

To prevent FASD, a woman should avoid drinking alcohol if she is pregnant or might be pregnant. A woman could be pregnant and not know for four to six weeks. It is never too late to stop alcohol use during pregnancy.<sup>2</sup>



## Where do I find support?

**FASD diagnosis services and information:** Call (408) 885-7709

*Referrals for diagnosis must be made by the child's pediatrician or primary care provider.*

**Perinatal substance use services:** Call (408) 885-5400

**Substance use treatment services:** Call (800) 704-0900



For more support and resources for FASD, visit [www.NotEven1.org](http://www.NotEven1.org).

1 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4959594/>  
2 <https://www.cdc.gov/ncbddd/fasd/facts.html>