



ALCOHOL & PREGNANCY DON'T MIX - NO ALCOHOL NO RISK!

WHAT IS FASD?

Foetal Alcohol Spectrum Disorder (**FASD**) is a term given for a range of disabilities that can be caused when a developing baby in the womb is exposed to alcohol – this can include physical disabilities; learning difficulties and behavioural problems – **FASD** is permanent and there is no cure!

But FASD is preventable – no alcohol no risk! 0-4-9.

MYTHS AND FACTS

Myths:

- A baby is fully developed by the end of the first 3 months – so women only need to avoid alcohol during this period. **FALSE.**
- If a woman drank in pregnancy and the baby was fine - then it's OK to do it again. **FALSE.**
- It's just heavy or binge drinking that is the problem. **FALSE.**

Facts:

- Whilst there may be the additional increased risk of miscarriage from drinking alcohol in the first three months, alcohol can damage important growth and development throughout the entire pregnancy.
- The risk of **FASD** depends upon many factors and there is no way of knowing the impact that alcohol may have on the unborn baby – when trying for a baby, or at any stage of pregnancy, a woman can benefit her baby by completely avoiding alcohol.
- Alcohol is a poison - even small amounts can damage the development of an unborn baby - alcohol passes freely through the placenta – so whatever a woman drinks the baby drinks too.



Approximately 1% of all babies born may have some form of **FASD**, meaning around one baby is born each day in the North East with **FASD**.



Binge drinking for a woman is 6+ units in a single session. That's about 2 large glasses of wine.



FASD is the most common, non genetic cause of learning disability in the UK

Any woman wanting to know more about **FASD** should speak to her midwife.

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measure of alcohol