

When Mom Drinks Baby Pays Too!

FACTS ABOUT FETAL ALCOHOL SYNDROME

- Fetal Alcohol Syndrome (FAS) is a pattern of birth defects that results from drinking alcohol during pregnancy. According to the Centers of Disease Control and Prevention's August 1996 final report about FAS/FAE, each year an estimated 130 to 400 children in Michigan are born with FAS.
- Children born with FAS may be small in size, have abnormal facial features and central nervous system problems. FAS symptoms are irreversible. Children with FAS never catch up mentally or physically.
- FAS is the leading cause of mental retardation in the United States.
- FAS is totally preventable. No alcohol during pregnancy = No FAS.
- Alcohol in any form is alcohol. A can of beer, a glass of wine or a wine cooler and a mixed drink all contain the same amount of alcohol.
- Every time a pregnant woman drinks, the alcohol passes through the placenta to the unborn baby.
- Alcohol is more harmful to the fetus than the mother because of the unborn baby's small size and rapid growth rate.
- Even women who drink only on special occasions run the risk of harming their unborn baby. Binge drinking (four drinks at a time) carries a very high risk for damage to the baby.
- Pregnant teenagers are more likely to have babies with problems and drinking alcohol may increase these risks.
- There is no safe drinking level. The best advice is not to drink during pregnancy.
- If you are breast feeding, you should not drink alcohol. Alcohol can reach the baby through breast milk and cause problems in development.

To prevent FAS and increase your chances for a healthy baby.....

**DON'T DRINK IF YOU ARE PREGNANT OR
PLANNING TO BECOME PREGNANT**