

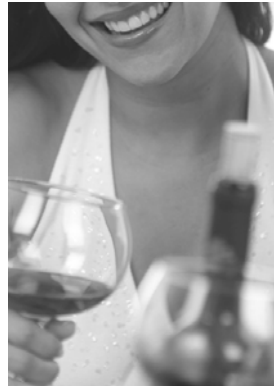
## Women and Alcohol

- Women cannot absorb or process alcohol as well as men and are more adversely affected by alcohol than men.

*Source: NIAAA, Alcohol Alert, 2004.*

- Approximately one in eight women drink alcohol while pregnant; and at least one of every 50 pregnant women binge drink\*. *Source: CDC, MMWR, 2009.*

\*Binge drinking was defined as five or more drinks per occasion, but more recently has been changed to four or more per occasion.



## Alcohol and Pregnancy

- Drinking alcohol during pregnancy can cause a range of permanent physical, cognitive, and/or behavioral problems in the developing baby.
- Fetal alcohol spectrum disorders (FASD) is the umbrella term used to describe the range of effects associated with prenatal alcohol exposure—it is not a diagnosis.
- Fetal alcohol syndrome (FAS) is one medical condition that can occur due to drinking alcohol during pregnancy.
- The Centers for Disease Control and Prevention (CDC) reports that 0.2 to 1.5 cases of FAS occur for every 1,000 live births in certain areas of the U.S. Some researchers have estimated the rates of the full range of FASDs to be as high as 9 or 10 per 1,000 live births. *Source: Fetal Alcohol Spectrum Disorders Competency-Based Curriculum Development Guide for Medical and Allied Health Education and Practice, 2009.*
- The estimated lifetime cost for an individual with FAS is two million dollars. *Source: Lupton, Burd and Harwood, 2004.*

- There is no known safe amount of alcohol to use during pregnancy.
- There is no safe time to drink alcohol during pregnancy.
- There is no safe kind of alcohol to drink during pregnancy.
- However, it is never too late to stop drinking alcohol during pregnancy.
- Call us toll-free at 1-800-752-3157 for more information and/or a referral to services.

***If you are pregnant, or could become pregnant, don't drink alcohol. This includes beer, wine, wine coolers, mixed drinks, and shots.***

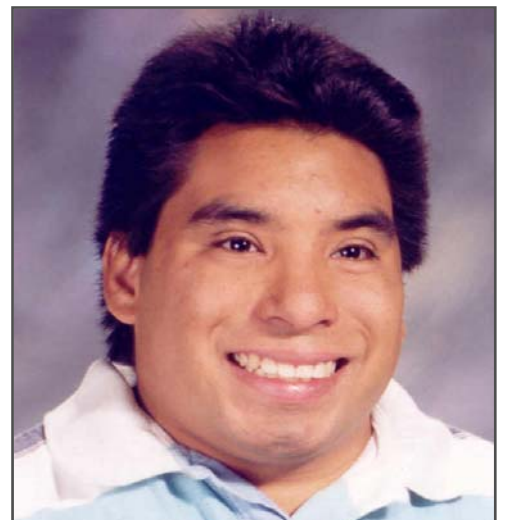
# FACT SHEET

# Fetal Alcohol Spectrum Disorders

- **Fetal alcohol syndrome (FAS)** is a combination of cognitive and physical problems that occur in some individuals prenatally exposed to alcohol.
- FAS is characterized by growth problems, central nervous system problems, and abnormal facial features.
- Other conditions associated with maternal drinking include partial FAS, alcohol-related neurodevelopmental disorder (ARND), and alcohol-related birth defects (ARBD).
- **The central nervous system (CNS) deficits** associated with prenatal exposure to alcohol include poor fine and gross motor coordination and a range of cognitive issues including learning disabilities, mental retardation, developmental disabilities, speech and language deficits, memory and processing problems, and attention problems.
- **The growth deficits** associated with prenatal exposure to alcohol include birth weight and/or birth length below the 10th percentile and ongoing growth retardation.
- **The facial changes** associated with prenatal exposure to alcohol include small eye openings (short palpebral fissures), a flattened ridge between the mouth and nose (smooth philtrum), and a thin upper lip (vermillion).
- Individuals affected by prenatal alcohol exposure often need lifelong services including educational, vocational, residential, and/or social supports.



**Photo:** Children with FAS (used with permission).



**Photo:** Adult with FAS (used with permission/ [www.come-over.to/FASCRC](http://www.come-over.to/FASCRC)).

## For more information

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