

Women who are pregnant or who may be pregnant **should not drink alcohol.**

This includes:

- women who are trying to get pregnant
- women who are at risk of becoming pregnant because they do not use effective birth control (contraception).

Why is alcohol use during pregnancy dangerous?

Drinking alcohol during pregnancy can cause **lifelong physical, behavioral, and intellectual disabilities.** Alcohol in the mother's blood passes to the baby through the umbilical cord. Drinking alcohol during pregnancy can cause miscarriage, stillbirth, and a range of disabilities. These disabilities are known as Fetal Alcohol Spectrum Disorders (FASDs).

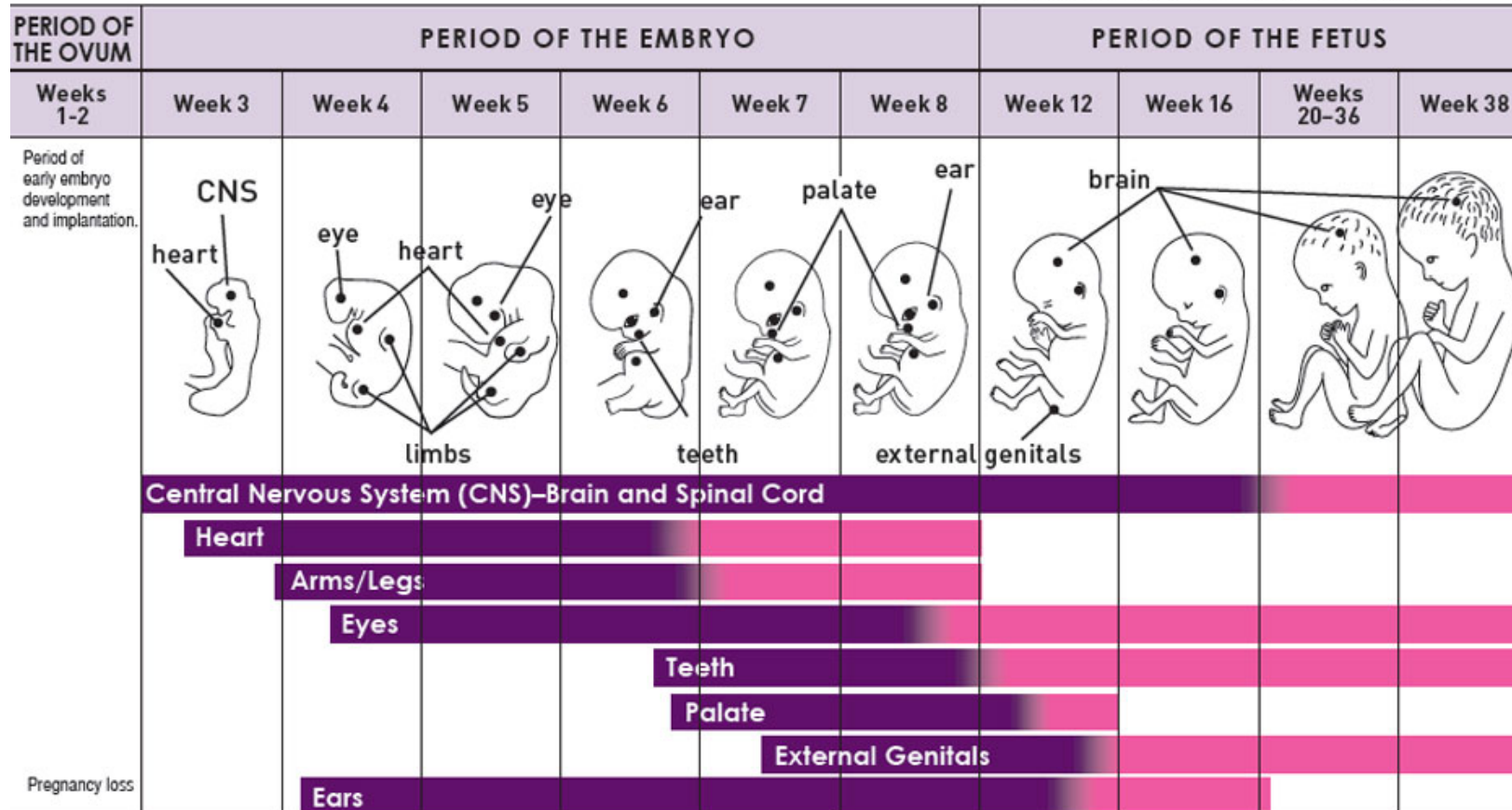
Fetal alcohol syndrome (FAS) is the most complex Fetal Alcohol Spectrum Disorder. A baby born with FAS has a small head, weighs less than other babies, and has distinctive facial features. Some of the behavioral and intellectual disabilities of people with FASDs include:

- Difficulty with learning or memory
- Higher than normal level of activity (hyperactivity)
- Difficulty with attention
- Speech and language delays
- Low IQ
- Poor reasoning and judgment skills

People born with FASDs can also have problems with their organs, including the heart and kidneys. FASDs are completely preventable if a woman does not drink alcohol during pregnancy. **Why take the risk?**

FETAL DEVELOPMENT CHART

This chart shows vulnerability of the fetus to defects throughout 38 weeks of pregnancy.*
 • = Most common site of birth defects



Period of development when major defects in bodily structure can occur.
 Period of development when major functional defects and minor structural defects can occur.

Adapted from Moore, 1993 and the National Organization on Fetal Alcohol Syndrome (NOFAS) 2009
 *This fetal chart shows the 38 weeks of pregnancy. Since it is difficult to know exactly when conception occurs, health care providers calculate a woman's due date 40 weeks from the start of her last menstrual cycle.

If you are pregnant or trying to get pregnant and cannot stop drinking **visit:**

- National Organization on Fetal Alcohol Syndrome (NOFAS):

<http://www.nofas.org> Or **call** (800) 666 – 6327

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Adapted from CDC. *Alcohol Use in Pregnancy* Access at:
https://www.cdc.gov/ncbddd/fasd/documents/fasd_alcoholuse.pdf

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