

Preventing Fetal Alcohol Spectrum Disorders

No amount of alcohol is safe to drink during pregnancy.



Fetal Alcohol Spectrum Disorders (FASD) is an umbrella term used to describe disorders that result from alcohol exposure during pregnancy.

“Of all substances of abuse, including heroin, cocaine and marijuana, alcohol produces by far the most serious effects on the brain of the fetus.”*

*Institute of Medicine Report to Congress (1996)

Make a pledge to:

I/we pledge to:

- Eat healthy
- Go to scheduled medical appointments
- Inform provider of any smoking/drug/alcohol use

Avoiding alcohol is an important part of having a healthy pregnancy.



Fetal Alcohol Spectrum Disorders (FASD) refers to the range of effects that can occur in an individual who was exposed to alcohol during pregnancy. Drinking alcohol during pregnancy can cause:

- Heart problems
- Kidney problems
- Developmental disabilities
- Behavior problems
- Learning problems

If you have used alcohol during pregnancy, consider taking the following steps:

- Stop drinking
- Talk to your health care provider



Resources:

mha.ohio.gov

mha.ohio.gov/fasd

nofas.org

nofas.org/circleofhope

doublearc.org