

# Preventing Fetal Alcohol Spectrum Disorders

**Ask every woman every time about her alcohol use 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)

**Screening questions:** The 4Ps Plus:

- Parent’s use
- Partner’s use
- Past use
- Pregnancy use
- Current use

## FASD is not about the face — it's about the brain.



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

Exposure to alcohol during pregnancy can cause the baby to have conditions that can create lifelong problems:

- Physical and mental birth defects called fetal alcohol syndrome (FAS)
- Low birthweight
- Heart defects, growth problems with brain development
- Physical and emotional/social problems that can affect how the child learns



### Resources:

[mha.ohio.gov](http://mha.ohio.gov)

[mha.ohio.gov/fasd](http://mha.ohio.gov/fasd)

[nofas.org](http://nofas.org)

[nofas.org/circleofhope](http://nofas.org/circleofhope)

[doublearc.org](http://doublearc.org)