

FETAL ALCOHOL SPECTRUM DISORDERS

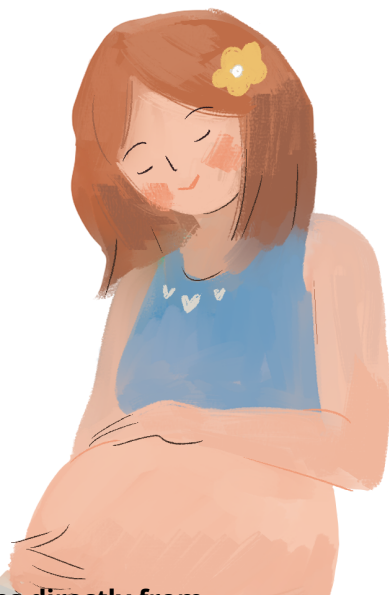
WHAT ARE FETAL ALCOHOL SPECTRUM DISORDERS (FASDs)?

Fetal alcohol spectrum disorders (FASDs) are a group of conditions that can occur in a person whose mother drank alcohol during pregnancy. These effects can include physical problems and problems with behavior and learning. Often, a person with an FASD has a mix of these problems.*

CAUSE AND PREVENTION OF FASDs:

- FASDs are caused by a woman drinking alcohol during pregnancy. Alcohol in the mother's blood passes to the baby through the umbilical cord.*
- There is no known safe amount of alcohol during pregnancy or when trying to get pregnant. There is also no safe time to drink during pregnancy. Alcohol can cause problems for a developing baby throughout pregnancy, including before a woman knows she's pregnant. All types of alcohol are equally harmful, including all wines and beer.*
- To prevent a child from having an FASD, a woman should not drink alcohol while she is pregnant, or might be pregnant. This is because a woman could get pregnant and not know for up to 4 to 6 weeks.*

IF A WOMAN IS DRINKING ALCOHOL DURING PREGNANCY, IT IS NEVER TOO LATE TO STOP DRINKING. BECAUSE BRAIN GROWTH TAKES PLACE THROUGHOUT PREGNANCY, THE SOONER A WOMAN STOPS DRINKING THE BETTER IT WILL BE FOR HER AND HER BABY. *



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This information comes directly from:

*Centers for Disease Control and Prevention. (2021, May 21). Basics about fasds. Centers for Disease Control and Prevention. Retrieved September 15, 2021, from <https://www.cdc.gov/ncbddd/fasd/facts.html>.

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