

FASD - Caring Together

Fetal Alcohol Spectrum Disorder (FASD) describes a range of disabilities caused by drinking alcohol during pregnancy.

Fetal Alcohol Syndrome (FAS) is one of the disabilities that falls under FASD. A person with FAS may be affected in the following ways:

- specific facial features
- small for age (weight/height)
- brain damage
- birth defects
- memory problems
- learning disabilities



They may also be at higher risk for:

- mental health issues
- alcohol and/or drug problems
- disrupted education



FASD affects approximately 1% of people living in Canada. This means that there may be 5000 people living in Newfoundland and Labrador today with FASD, many of whom may not be diagnosed.

There is NO safe amount of alcohol during pregnancy.

Facts About FASD...

1. Which is the safest form of alcohol to drink while pregnant?

- (a) Spirits.
- (b) Beer.
- (c) Wine.
- (d) All are equally harmful.

2. When is it safe to drink alcohol during pregnancy?

- (a) Third trimester.
- (b) Never.
- (c) First trimester.
- (d) Any time.

3. FASD is strictly a woman's issue.

True or False?

4. When a couple is planning a pregnancy, when should the woman stop drinking?

- (a) Once she thinks she might be pregnant.
- (b) Once her doctor confirms that she is pregnant.
- (c) When she starts experiencing morning sickness.
- (d) Before she starts trying to get pregnant.

5. Which of the following statements is true?

- (a) Alcohol passes freely through the placenta.
- (b) Women who drink during pregnancy always give birth prematurely.
- (c) By vomiting after drinking, women can lower the affects of alcohol on the fetus.
- (d) Alcohol consumption can cause men to produce abnormal sperm which cause FASD.

Facts About FASD...

1. All are equally harmful. 1 1/2 oz spirits (hard liquor) = 1 bottle beer (12 oz) = 1 glass of wine (5 oz.)

2. Never. There is no safe time to drink during pregnancy.

3. False. Everyone should be concerned about alcohol because it is everywhere; people drink for many reasons; and there is poor knowledge about its impact.

4. Before she starts trying to get pregnant. While not drinking before you become pregnant is best, stopping or cutting down drinking at any time is also beneficial.

5. Everything you eat and drink while pregnant reaches the baby. Therefore, it is important to eat healthy, take good care of yourself and be aware of what you're consuming.

FASD affects everyone in the community.

It is estimated that the lifetime cost to society per individual with FASD is \$1.4 million. The loss of human potential is IMMEASURABLE.

If you are pregnant or planning to become pregnant, don't drink alcohol.

Although biological fathers cannot cause FASD, partners can support a woman to not drink alcohol during her pregnancy.

If you are a partner, family member or friend, you can support her by not drinking alcohol yourself and encouraging her to not drink alcohol at this time.

Newfoundland & Labrador
HealthLine
1-888-709-2929

If you need help to stop drinking call the Healthline (confidential and free) or visit www.addictionhelpnl.ca

If you want more information about FASD please contact:

fasdwestern@gmail.com



Together we can prevent FASD.