



FAQs (Frequently Asked Questions)

What is Fetal Alcohol Spectrum Disorders?

FASD is an umbrella term describing the range of effects that can occur in an individual whose mother drank alcohol during pregnancy. These effects may include physical, mental, behavioral, and/or learning disabilities with possible lifelong implications. The term FASD is not intended for use as a clinical diagnosis. It refers to conditions such as fetal alcohol syndrome (FAS), fetal alcohol effects (FAE), alcohol-related neurodevelopment disorder (ARND), and alcohol-related birth defects (ARBD).

How common is fetal alcohol syndrome?

Each year, as many as 40,000 babies are born with an FASD, costing the nation about \$4 billion.

How can I prevent fetal alcohol syndrome?

The best thing you can do is stop drinking when you are thinking about getting pregnant. If you get pregnant, quit drinking alcohol immediately and seek prenatal care.

Will it hurt my baby even if I don't drink every day?

Yes. Any amount of alcohol can be harmful. Because no amount of alcohol can be considered safe, pregnant women should avoid all alcohol during the entire pregnancy and during breast feeding. (Drinks with alcohol in them include beer, wine, hard liquor and wine coolers.)

What is binge drinking?

"Binge drinking" – having five or more drinks at a time – is particularly dangerous for your baby, because it makes the level of alcohol in your blood very high very quickly. So, even if you don't drink every day, you may put your baby at risk for fetal alcohol syndrome.

What if I can't stop drinking?

Be honest with your doctor. Tell him or her how much you are drinking. Your doctor may be able to help you stop drinking before it hurts your baby.

