



# Did You Know?

September 2017

## Fetal Alcohol Spectrum Disorders (FASD) Awareness Day – September 9<sup>th</sup>

Fetal Alcohol Spectrum Disorders (FASD) refers to the broad spectrum of effects that alcohol can have on an individual whose mother consumed alcohol during pregnancy. The term FASD includes a variety of conditions including Fetal Alcohol Syndrome (FAS) and alcohol-related birth defects. When alcohol is consumed during pregnancy, it crosses the placenta and can affect a fetus's development, leading to lifelong effects on virtually any part of the body.

### What You Should Know (True or False):

- True or False: It is safe to have an occasional drink during pregnancy.
  - **FALSE** – There is no safe amount of alcohol that can be consumed during pregnancy.
- True or False: Alcohol can have both physical and mental effects on an individual who was exposed to alcohol in the womb.
  - **TRUE** – Possible symptoms of prenatal alcohol exposure can include abnormal facial features, learning disabilities, hyperactive behavior, vision or hearing problems and many others.
- True or False: Having glass of red wine is good for a woman, even during pregnancy.
  - **FALSE** – It does not matter what type of alcohol is consumed, any amount at any point in pregnancy can lead to Fetal Alcohol Effects.
- True or False: Alcohol can affect a developing fetus, even if consumed before a woman knows she is pregnant.
  - **TRUE** – Alcohol can affect a fetus at any stage in pregnancy. Because of this, it is important that any woman who consumes alcohol and is sexually active with a male partner uses consistent, reliable birth control.

### What You Can Do:

- Never consume alcohol while pregnant, if you are unsure if you might be pregnant, or if you are trying to become pregnant.
- Talk to your doctor about the various birth control methods available to you.
- **Project CHOICES** is a program designed to educate and assist women in making healthier choices. The Erie County Council for the Prevention of Alcohol and Substance Abuse is currently enrolling women between the ages of 14 and 44 to participate in our program that teaches you how to lower your risk of having an alcohol exposed pregnancy by choosing healthy behaviors. **PLUS you can earn \$40 in gift cards for participating!** Contact ECCPASA if you think you might be eligible!

Sources: [www.samhsa.gov](http://www.samhsa.gov); [www.cdc.gov](http://www.cdc.gov)

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The Erie County Council for the Prevention of Alcohol and Substance Abuse, Inc., publishes Did You Know, a regular update about alcohol & other drugs - - America's #1 public health problem. ECCPASA • 1625 Hertel Ave., Buffalo, NY 14216 • 716-831-2298 • [www.eccpasa.org](http://www.eccpasa.org)