

# FASD is 100% Preventable

With the right information and support, fetal alcohol spectrum disorders (FASD) can be prevented.

If you are pregnant or trying to become pregnant, you can reduce the risk of FASD by choosing not to drink any alcohol throughout your entire pregnancy. Speak with your health care provider if you would like information about the resources in your community that provide support for alcohol-free pregnancies.

You can also prevent prenatal alcohol exposure by preventing unplanned pregnancy. Speak with your health care provider about the different family planning options available to you. On average, couples who are sexually active but do not use birth control have an 85% chance of becoming pregnant; using contraception (birth control) will significantly reduce your chance of having an unintended pregnancy.



## Contact Us

Proof Alliance  
1876 Minnehaha Ave. W.,  
St. Paul, MN 55104

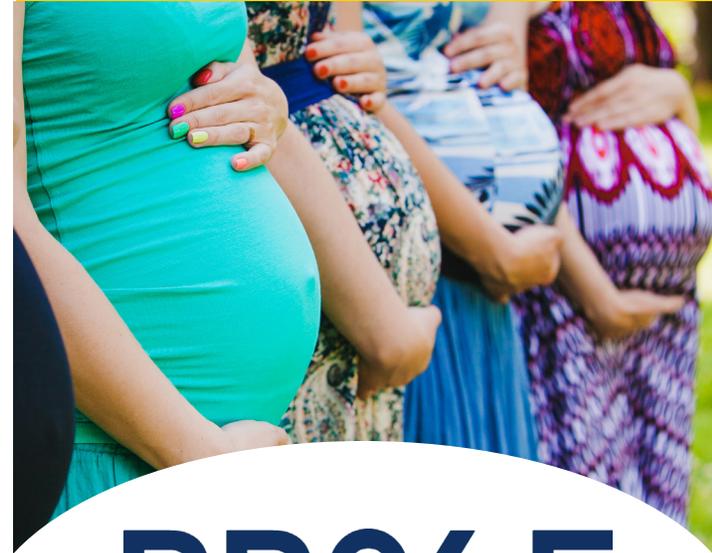
Phone: 651-917-2370  
Fax: 651-917-2405  
Email: [info@proofalliance.org](mailto:info@proofalliance.org)

-  @ProofAlliance
-  @Proof\_Alliance
-  @ProofAlliance

### Sources:

- Centers for Disease Control and Prevention (CDC)
- National Institutes of Health
- Guttmacher Institute
- Journal of Pediatric Psychology
- Journal of Women's Health
- Journal of Development and Behavioral Pediatrics
- Morbidity and Mortality Weekly Report (MMWR)

## Fetal Alcohol Spectrum Disorders (FASD)



# PR%F Alliance

Preventing fetal alcohol spectrum disorders and supporting all impacted



## What is FASD?

Fetal alcohol spectrum disorders (FASD) refers to a range of birth defects that can occur when a pregnancy is exposed to alcohol. These effects may include physical, mental, behavioral, and/or learning disabilities with possible lifelong implications. Prenatal alcohol exposure can also cause brain injury.

## What causes FASD?

The only known cause of FASD is prenatal alcohol exposure. FASD cannot be “passed down” from a parent with an FASD, and it cannot be caused by a partner’s drinking. FASD can be prevented by not drinking any alcohol throughout pregnancy.

## How is FASD diagnosed?

Unfortunately, there is not a simple medical test (such as a blood test) that can be used to confirm a diagnosis. Instead, FASD is diagnosed by a team of trained professionals. To learn more about the screening process, visit our website at [proofalliance.org](http://proofalliance.org).

## What are some characteristics of FASD?

The effects of prenatal alcohol exposure can impact each person differently. Some of the signs to look for that may indicate the need for an FASD assessment include:

- Hearing or vision problems
- Difficulty in school
- Poor coordination
- Sensitivity to light, touch, or sound
- Hyperactive behavior
- Difficulty paying attention
- Memory issues
- Poor social skills
- Impulsivity

## Can FASD be cured?

There is currently not a cure for FASD. However, research suggests that early intervention and treatment can improve a child’s development and overall quality of life.

## Why would someone drink during pregnancy?

1 in 9 women drink alcohol during pregnancy. Prenatal alcohol exposure is a complex public health issue, and many factors may lead to an alcohol-exposed pregnancy:

- Drinking alcohol before a pregnancy was confirmed.
- Unaware of, or underestimated the risks associated with prenatal alcohol exposure.
- Inaccurate information about the risks associated with prenatal alcohol exposure given by a healthcare provider.
- Familiarity with another person who drank during pregnancy and their child has not been diagnosed with an FASD.
- Having an alcohol use disorder.
- Drinking alcohol is a socially acceptable norm.

