

## What is FASD?



Prenatal alcohol exposure (or drinking alcohol during pregnancy) can cause fetal alcohol spectrum disorders (FASD). FASD refers to a range of conditions including birth defects, brain injury, and physical, behavioral, and intellectual disabilities.<sup>1</sup> These conditions are lifelong and irreversible.

## Characteristics of FASD

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

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

[2, 3, 4, 5, 6, 7]

## How can FASD be prevented?



FASD can be prevented by not drinking any alcohol during pregnancy. Because there is no known amount of alcohol that can be considered safe during pregnancy, it is advised by all major medical associations, including the Centers for Disease Control<sup>8</sup>, the American Academy of Pediatrics<sup>9</sup>, and the U.S. Surgeon General<sup>10</sup>, that if a person is pregnant or could become pregnant, they should abstain from drinking alcohol. With the right information and supports, FASD is 100% preventable.<sup>12</sup>

## 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 [www.proofalliance.org](http://www.proofalliance.org).



## Did you know?

- As many as 1 in 20 children in the U.S. has an FASD.<sup>11</sup>
- In addition to the typical costs of raising a child, costs for a child with an FASD are an additional \$23,000 per year. This includes expenses such as healthcare, special education, and residential care.<sup>13</sup>
- With the right information and supports, FASD is 100% preventable.<sup>12</sup>

### Sources:

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