

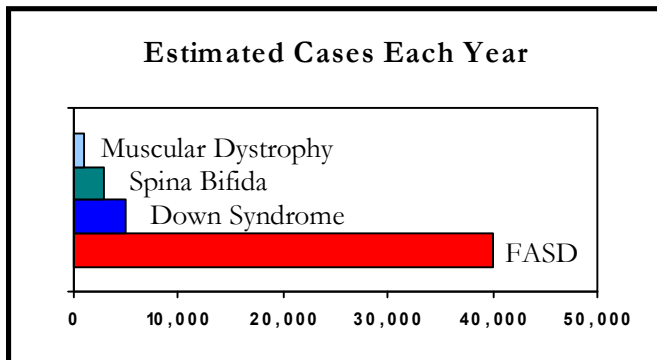


National Organization on Fetal Alcohol Syndrome

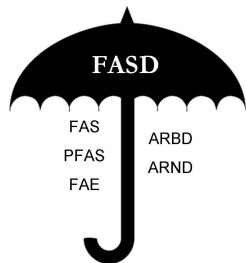
Helping children & families by advocating for the prevention and intervention of Fetal Alcohol Spectrum Disorders, the leading known cause of mental retardation & birth defects.

FASD: WHAT EVERYONE SHOULD KNOW

Alcohol use during pregnancy is the leading known preventable cause of mental retardation and birth defects in the United States.



FASD affects an estimated 40,000 infants each year - more than Spina Bifida, Down Syndrome and Muscular Dystrophy combined.



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 can include physical, mental, behavioral, and/or learning disabilities with possible lifelong implications. The term FASD is not intended for use as a clinical diagnosis.

FASD includes conditions such as:

- ♦ Fetal alcohol syndrome (FAS)
- ♦ Partial fetal alcohol syndrome (PFAS)
- ♦ Alcohol-related neurodevelopmental disorder (ARND)
- ♦ Alcohol-related birth defects (ARBD)

Fetal alcohol effects (FAE) * *obsolete terminology*

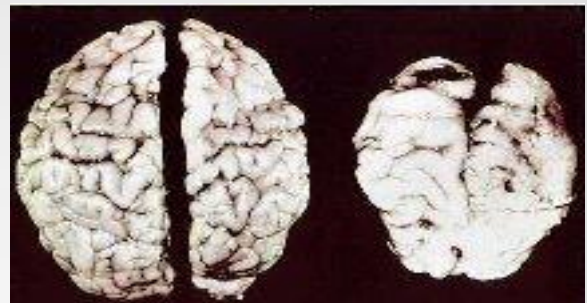
What Are the Effects of FASD?

The effects of FASD vary among affected individuals. Outcomes associated with FASD can include:

- ♦ Specific facial characteristics
- ♦ Growth deficits
- ♦ Mental Retardation
- ♦ Heart, lung, and kidney defects
- ♦ Hyperactivity & behavior problems
- ♦ Attention & memory problems
- ♦ Poor coordination or motor skill delays
- ♦ Difficulty with judgment and reasoning
- ♦ Learning disabilities

“Of all the substances of abuse (including cocaine, heroin and marijuana), alcohol produces by far the most serious neurobehavioral effects in the fetus.”

Institute of Medicine, 1996.



Normal Brain Severe FAS-Affected Brain

Harwood, Am. J. Med, Genet. 2002

- ♦ **FASD also takes an enormous financial toll on affected families and society as a whole.** Fetal Alcohol Syndrome (FAS), the most severe and least common effect under the FASD umbrella, costs the United States \$5.4 billion annually in direct and indirect costs. This is only a small portion of the total societal costs associated with FASD.

How Can FASD Be Prevented?

While there is no cure for FASD, it is 100 percent preventable when pregnant women abstain from alcohol. Good reproductive care before knowledge of pregnancy would also assist in prevention of FASD to a great extent.