

# Fetal Alcohol Syndrome

Everything you need to know about Fetal Alcohol Spectrum Disorders!

**Fetal Alcohol Spectrum Disorders (FASD)**  
that are caused by drinking alcohol during pregnancy:

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**FAS: Fetal Alcohol Syndrome**

Symptoms include small head/body, facial characteristics, brain damage

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**FAE: Fetal Alcohol Effects**

Symptoms usually not visible, such as behavior disorders, attention deficits

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**ARBD: Alcohol Related Birth Defects**

Anomalies such as heart defects, sight/hearing problems, joint anomalies, etc.

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**ARND: Alcohol Related Neurodevelopmental Disorders**

Disorders such as attention deficits, behavior disorders, obsessive/compulsive disorder, etc.

## FASD in a Nutshell



- FASD is the leading known cause of mental retardation.(AMA)
  - Most individuals with FASD have normal intelligence.(FADU)
  - FASD causes serious social and behavior problems.(FADU)
  - Each year in the US 5,000 babies are born with FAS (1/500).(NOFAS)
  - Five times as many are born with Fetal Alcohol Spectrum Disorders (FASD).(FADU)
  - No amount of alcohol is known to be safe during pregnancy.(March of Dimes)
  - Alcohol causes more damage to baby than any other drug.(Institute of Medicine)
  - More American babies are born with FAS than with Down Syndrome, MD, and HIV combined.(NOFAS)
  - FAS and related conditions are 100% preventable.(March of Dimes)
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For more information on Fetal Alcohol Spectrum Disorders, visit  
FAS Community Resource Center  
and

**<http://www.fasstar.com/>**

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