

What is FASD?

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Drinking alcohol during pregnancy can cause fetal alcohol spectrum disorders (FASD). FASD includes birth defects, brain injury and disabilities.^{1,2} As many as 1 in 20 children in the United States has an FASD.³

What are the Signs of FASD?

FASD is a spectrum. This means that it does not look the same in everyone. In general, some of the signs to look for include:

- Trouble paying attention⁴
- Memory issues⁵
- Poor social skills⁶
- Impulsive behavior⁷
- Hearing or vision problems⁸
- Difficulty in school⁹
- Being sensitive to light, touch, or sound¹⁰
- Hyperactive behavior¹¹

Please note that these are only some of the effects linked to FASD. If you have questions or concerns about other behaviors, ask your health care provider if they could be a sign of FASD.

How is FASD Diagnosed?

There is not a simple test to tell if someone has an FASD.¹² Instead, a trained team has to do different types of testing before they can make a diagnosis. Getting the right diagnosis can help families get the services and support they need. To learn more about the assessment process, visit proofalliance.org.

How is FASD cured?

There is no cure for FASD. Drinking during pregnancy affects how the child's brain develops.¹³ These changes to the brain are lifelong.¹⁴ Even drinking at low levels can affect development.¹⁵ However, everyone with an FASD has the ability to succeed. Support and interventions can improve outcomes and well-being for people with an FASD!¹⁶ Early intervention is especially helpful.¹⁷

How can FASD be prevented?

FASD is 100% preventable with the right information and support.¹⁸ If someone is pregnant or might become pregnant, all major health groups recommend they do not drink alcohol. These groups include:

- Centers for Disease Control (CDC)¹⁹
- American Academy of Pediatrics²⁰
- American College of Obstetricians and Gynecologists (ACOG)²¹
- U.S. Surgeon General²²
- World Health Organization²³

There is no known safe amount of alcohol during pregnancy. Because of this, the safest choice is to not drink any alcohol from conception through birth.²⁴

Everyone plays a role in preventing FASD:

- If you can become pregnant, talk with your care provider about preventing an alcohol exposed pregnancy.
- If you are a health care provider, take every opportunity to have conversations with patients about alcohol use before and during pregnancy.
- Become an advocate for change as it relates to alcohol policies in your community and state.
- Learn more about FASD and how you can support those impacted by this disorder at proofalliance.org.

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