



## **MDCH Recognizes Fetal Alcohol Spectrum Disorders (FASD) Awareness in the State of Michigan**

**The Michigan Department of Community Health joins with the CDC and the National Organization on Fetal Alcohol Syndrome (NOFAS) to support the goals to eliminate birth defects caused by alcohol consumption during pregnancy and to improve the quality of life of those individuals and families affected by Fetal Alcohol Spectrum Disorders (FASD).**

**FASDs are 100% preventable.**

**If a woman does not drink alcohol while she is pregnant, her child cannot have FASD.**

**Every woman and family should know the significant importance of not drinking alcohol during pregnancy: There is no safe limit of alcohol during pregnancy!**

Therefore, not drinking alcohol during pregnancy is vitally important as a preventative health practice that will improve the overall health of mothers and their infants. The 2005 United States Surgeon General report states: "When a pregnant women drinks alcohol, so does her baby." Women also should not drink alcohol if they are planning to become pregnant or are sexually active and do not use effective birth control. This is because a woman could become pregnant and not know for several weeks or more. The CDC reports that half of all pregnancies are unplanned.

***Encourage and share this information with women and their families!***

Sharing information with women and their families as well as encouraging them to work with their health care providers during pregnancy will help them make important lifestyle changes to avoid drinking all types of alcoholic beverages.

***Know that alcohol consumption affects all socioeconomic lifestyles, behaviors, ethnicity, traditions, cultures, religions, social supports, and environments.***

**Spread the word:** Don't keep what you learn to yourself. Share it with other family members, and pass it on to your children and grandchildren. All women of reproductive age are encouraged not to drink alcohol or alcoholic beverages during pregnancy.

***Know the possible effects that drinking alcohol during pregnancy can cause:***

- Miscarriage
- Stillbirth
- Birth Defects of the brain, heart, and other major organs: A range of lifelong disorders known as fetal alcohol spectrum disorders (FASDS) that affect how a child grows, looks, and acts.
- Permanent brain damage to the baby
- Mental retardation

***Inform your health care provider: Help is available to assist women to avoid drinking alcohol during pregnancy.***

- Contact your doctor
- Local health department
- Health plan
- Local Alcoholics Anonymous
- Local community alcohol treatment center

**Get help if you are pregnant or trying to get pregnant and cannot stop drinking.**

**FASD Resources:**

**Michigan Department of Community Health** [www.michigan.gov/fas](http://www.michigan.gov/fas)

**Centers for Disease Control and Prevention (CDC)** <http://www.cdc.gov/ncbddd/fasd/index.html>

- Watch a video about one family's story living with FASD or listen to a podcast

[www.cdc.gov/ncbddd/fasd/index.html](http://www.cdc.gov/ncbddd/fasd/index.html)

**U.S. Surgeon General 2005 Advisory on Alcohol Use In Pregnancy**  
<http://www.surgeongeneral.gov/pressreleases/sq02222005.html>

**March of Dimes** [http://www.marchofdimes.com/14332\\_1170.asp](http://www.marchofdimes.com/14332_1170.asp)

**Fetal Alcohol Spectrum Disorders (FASD) Center of Excellence**  
<http://www.fasdcenter.samhsa.gov/>

**National Organization on Fetal Alcohol Syndrome (NOFAS)** [www.nofas.org](http://www.nofas.org)

**The Arc of the United States** [www.thearc.org](http://www.thearc.org)