



## Think Before You Drink

Preventing Fetal Alcohol  
Spectrum Disorders

**No amount of  
alcohol is safe  
to drink during  
pregnancy.**

Fetal Alcohol Spectrum Disorders (FASD) is an umbrella term used to describe disorders that result from alcohol exposure during pregnancy.

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**Of all substances  
of abuse, including  
heroin, cocaine and  
marijuana, alcohol  
produces by far the  
most serious effects on  
the brain of the fetus.”**

*\*Institute of Medicine Report to Congress (1996)*

I pledge to

- ☒ Eat healthy
- ☒ Go to scheduled medical appointments
- ☒ Inform provider of any smoking, drug or alcohol use prior to knowledge of pregnancy

# Avoiding alcohol is an important part of having a healthy pregnancy.



Fetal Alcohol Spectrum Disorders (FASD) refers to the range of effects that can occur in an individual who was exposed to alcohol during pregnancy.

## Drinking alcohol during pregnancy can lead to the following issues for the baby:

- Heart problems
- Kidney problems
- Developmental disabilities
- Behavior problems
- Learning problems

**If you have used alcohol during pregnancy, consider taking the following steps:**

- Stop drinking
- Talk to your health care provider



## Resources

[mha.ohio.gov/fasd](http://mha.ohio.gov/fasd)  
[odh.ohio.gov/fasd](http://odh.ohio.gov/fasd)

