

# **Alcohol & Pregnancy: What everyone should know**

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Foetaal Alcohol Syndroom Stichting

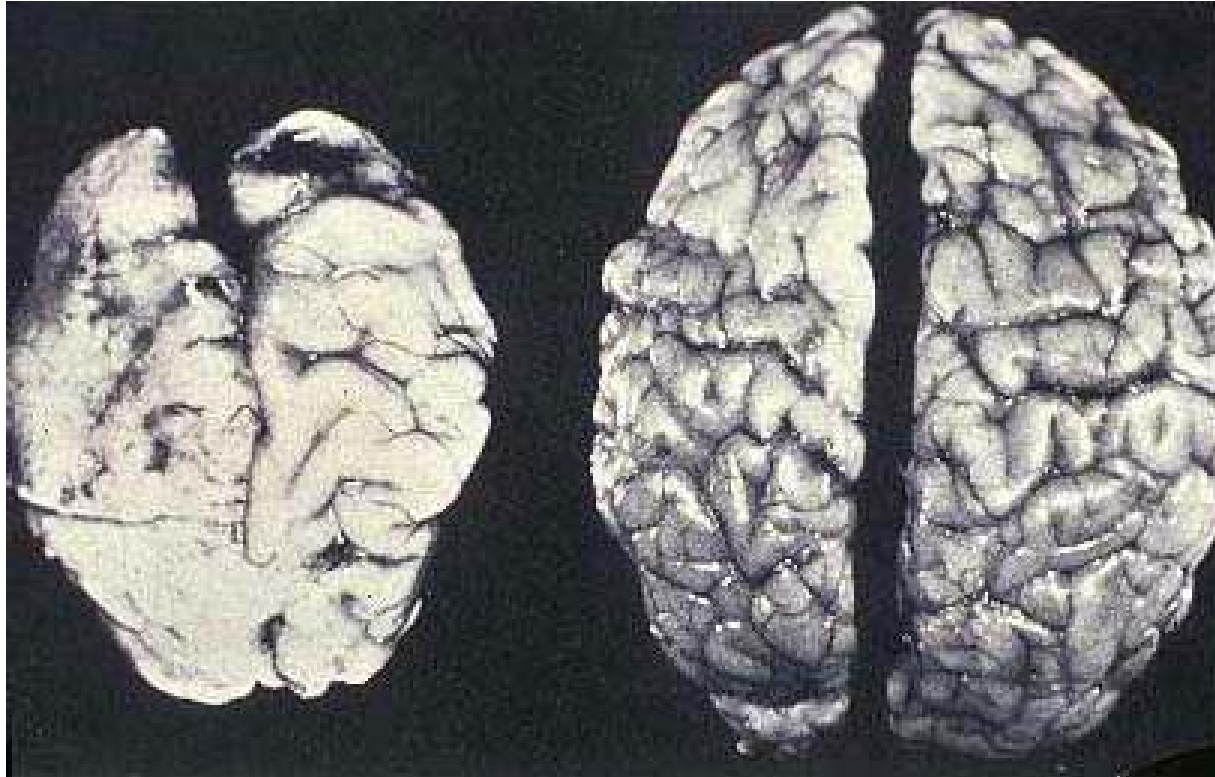


# No amount of alcohol is safe during pregnancy

- ❖ Reduces fertility
- ❖ Increases risk of miscarriage
- ❖ Birth defects
- ❖ Brain damage → learning disorders and behavioral disorders

## Long term:

- ❖ Unemployment
- ❖ Mental illness
- ❖ Criminality



# Many babies in Europe are prenatally exposed to alcohol

- ❖ Netherlands: 35-50% of pregnant women drink (Health Council of the Netherlands)
- ❖ Spain: 45% of babies in Barcelona heavily exposed (Garcia-Algar, 2008)
- ❖ Ireland: 63% of women drink during pregnancy (Coombe Women's Hospital, Dublin)

# FASD: Fetal Alcohol Spectrum Disorder



- ❖ **FAS**: Fetal Alcohol Syndrome
- ❖ **FAE**: Fetal Alcohol Effects
- ❖ **ARND**: Alcohol Related Neurodevelopmental Disorder
- ❖ **pFAS**: partial FAS
- ❖ **ARBD**: Alcohol Related Birth Defects

# Prevalence FASD

- ❖ Difficult to know how much
- ❖ Passive reports underestimate prevalence
- ❖ Preference for "nongUILTY" diagnoses (ADHD, PDD-NOS, cerebrale paresis, etc.)
- ❖ Estimate 1 to 3 per thousand full FAS
- ❖ 10 to 12 per thousand FASD
- ❖ Study of 6-year-olds in Lazio region of Italy: 20 to 40 per thousand FASD

# Prevention

- ❖ Public information, including labelling
- ❖ Preconceptional advice
- ❖ Support of pregnant women



Thank you  
for your attention

