

Visit our web address at: www.cdc.gov/ncbddd/fas or call: 1-800-CDC-INFO or email: cdcinfo@cdc.gov

I NEVER THOUGHT i'd get Wegnant





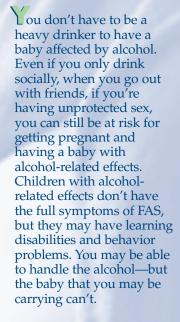
WHAT IS
FETAL
ALCOHOL
SYNDROME?



etal alcohol syndrome (FAS) is the name given to a group of physical and mental birth defects that can happen if a woman drinks during pregnancy.

Babies born with FAS have abnormal facial features and can be mentally retarded. They have problems with learning, memory, attention span, problem solving, speech, and hearing. They can also have problems in school and problems relating to others. FAS cannot be cured. But it is 100% preventable—if a woman does not drink while she is pregnant.





EVEN
BEFORE
YOU KNOW

YOU'RE PREGNANT



of course, most women don't drink when they're pregnant. But that's not always enough. Research shows that the baby can be hurt by alcohol during any part of pregnancy, including the first month or two. And most women don't know they're pregnant until the second month...and sometimes even later.

So they drink. And by the time they find out they're pregnant, it might be too late. IF YOU'RE
HAVING
UNPROTECTED
SEX,



CUT IT OUT.

ere's the good news: FAS and other alcohol-related effects can be stopped completely if a woman doesn't drink while she is pregnant. So what can you do? If you drink and are sexually active, use birth control all the time.

And if you are trying to get pregnant or think you might be pregnant—even if there's just a chance—stop drinking right away. Don't wait until you know for sure, because by the time you know you're pregnant, your baby could already be harmed by the alcohol—for life.

ASK AN EXPERT f you'd like to learn more about fetal alcohol syndrome and other alcohol-related effects, speak to your own doctor or nurse or family planning clinic.

ALCOHOL AND UNPROTECTED SEX

