

Fetal Alcohol Spectrum Disorders (FASDs)

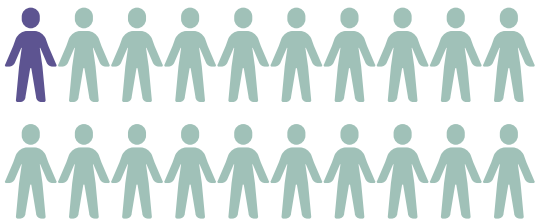
What are FASDs?

A group of conditions that can occur in a person who was exposed to alcohol before birth. Effects of FASDs can include lifelong and permanent behavioral, intellectual, and physical challenges.



How many have it?

It is estimated that as many as **1 in 20** U.S. school-aged children may have FASDs.*



Are FASDs preventable?

Yes! FASDs are preventable if a fetus (developing baby) is not exposed to alcohol before birth.

Need Help To Stop Drinking?

You are not alone! Call the Substance Abuse and Mental Health Services Administration's confidential, free, 24/7 National Hotline at 1-800-662-4357 or visit [findtreatment.gov](https://www.findtreatment.gov). It's never too late to get help!

What are the signs & symptoms?

People with FASDs can have combinations of impairments that range from mild to severe and that can affect each person in different ways, including:

- Low body weight
- Poor coordination
- Hyperactive behavior
- Difficulty with attention
- Poor memory
- Difficulty in school (especially with math)
- Learning disabilities
- Speech and language delays
- Intellectual disability or low IQ
- Poor reasoning and judgement skills
- Sleep and sucking problems as a baby
- Vision or hearing problems
- Problems with the heart, kidneys, or bones
- Shorter-than-average height
- Small head size
- Abnormal facial features

There is no known safe amount, no safe timeframe, and no safe type of alcohol use during pregnancy or while trying to get pregnant.

*Source: [National Center on Birth Defects and Developmental Disabilities](https://www.cdc.gov/birthdefects/), [Centers for Disease Control and Prevention](https://www.cdc.gov/)