



PRoF Alliance

Building an Alliance: Preventing Prenatal Alcohol

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PROOF

Alliance

Our mission is to eliminate disability caused by alcohol consumption during pregnancy & to improve the quality of life for those living with fetal alcohol spectrum disorders.

Our vision is a world in which women do not drink alcohol during pregnancy & people living with fetal alcohol spectrum disorders are identified, supported, & valued.

What is FASD?

Fetal Alcohol Spectrum Disorder

- Condition caused by prenatal alcohol exposure that includes a wide range of potential birth defects.
- Each person on the fetal alcohol spectrum is unique
- Permanent disability however FASD is 100% preventable
- Effects are lifelong and irreversible



Prevalence Study



Research shows as many as 1 in 20 children in the U.S. have an FASD.



Factors of Severity

Factors that impact fetal vulnerability:

- Dosage/BAC
- Resiliency of the fetus
- Mother's health, age, etc.
- Genetics
- Other substance exposure
- Timing of the exposure

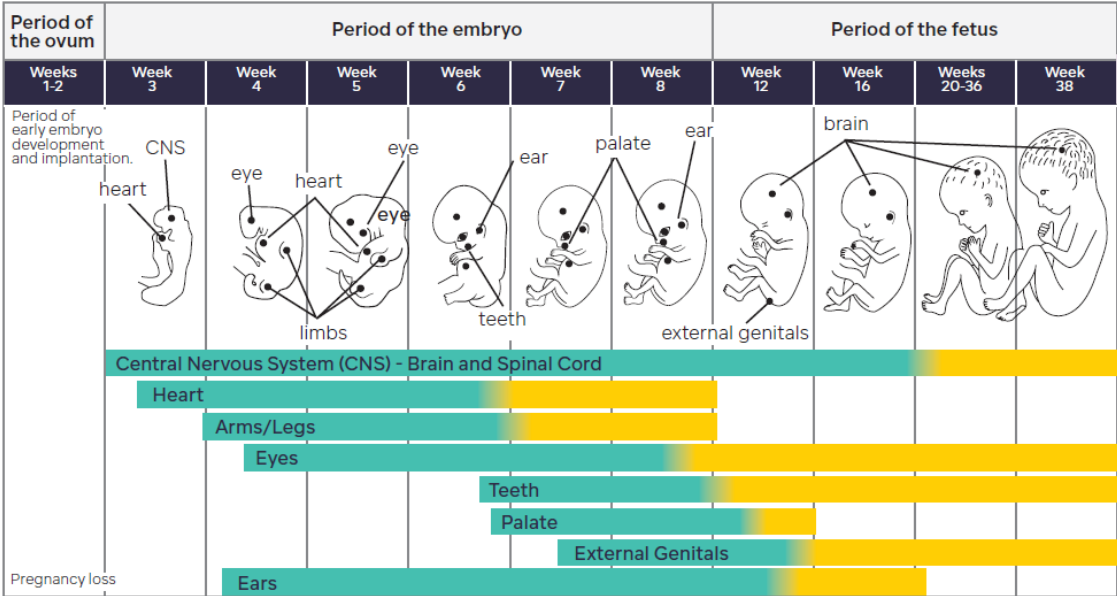
Remember:

- PAE does not always result in an FASD
 - FASD is not generational
 - Manifestations are unique in each individual
-

Fetus Developmental Timeline

Fetal Development Chart

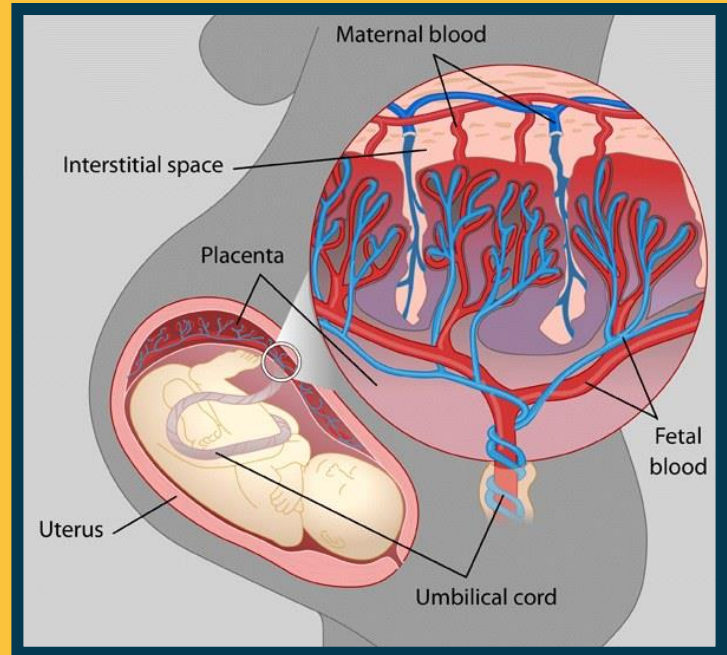
This chart shows vulnerability of the fetus to defects throughout 38 weeks of pregnancy.*
 • = Most common site of birth defects



Adapted from Moore, 1993, the National Organization on Fetal Alcohol Syndrome (NOFAS), 2009, and the Centers for Disease Control (CDC), 2018.
 *This fetal chart shows the 38 weeks of pregnancy. Since it is difficult to know exactly when conception occurs, health care providers calculate a woman's due date 40 weeks from the start of their last menstrual cycle.

Effects of Alcohol during Pregnancy

- Pregnant person drinks alcohol
- Alcohol enters the placenta & passes from maternal blood supply to fetal blood supply
- Fetus excretes alcohol into the amniotic fluid
- Fetus swallows amniotic fluid
- Alcohol is perpetually reabsorbed by the fetus



Ending the Stigma

Why do people drink alcohol during pregnancy?

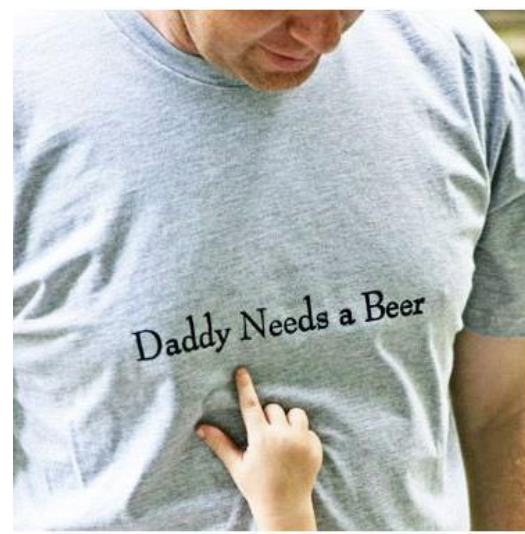




I wish my tolerance for
my children would
increase as much
as my tolerance
for wine.



someecards





is it safe to drink while pregnant



Google Search

I'm Feeling Lucky

Where are you getting your medical advice from?

Abstaining completely from alcohol during pregnancy - from conception through birth - is recommended by all major medical groups, including:

- Centers for Disease Control and Prevention (CDC)
- U.S. Surgeon General
- American Academy of Pediatrics
- American College of Obstetricians and Gynecologists (ACOG)
- National Institutes of Health
- World Health Organization

11.5%

In the United States,

11.5% of women drank alcohol during pregnancy and 4% engaged in binge drinking.



Alcohol vs. Other Substances

According to IOM, out of opioids, cocaine, methamphetamines, marijuana and alcohol, alcohol causes the most serious effects on a developing fetus

Impact of Prenatal Exposure

	Alcohol	Tobacco	Opioids	Meth	Cocaine	Marijuana
Growth Deficiency	X	X	X	X	X	X
Behavioral Problems	X	X	X	X	X	X
Cognitive Problems	X	X	X	X	X	X
Motor Deficits	X	X		X		
Developmental Delays	X	X			X	
Facial Anomalies	X	X				
Physical Defects	X	X	X	X	X	

Effects of alcohol during pregnancy

Decades of research have shown:

- Even low levels of alcohol can affect the fetus
- The risk increases with more alcohol
- **The healthiest and safest choice is to avoid drinking any alcohol during pregnancy.**

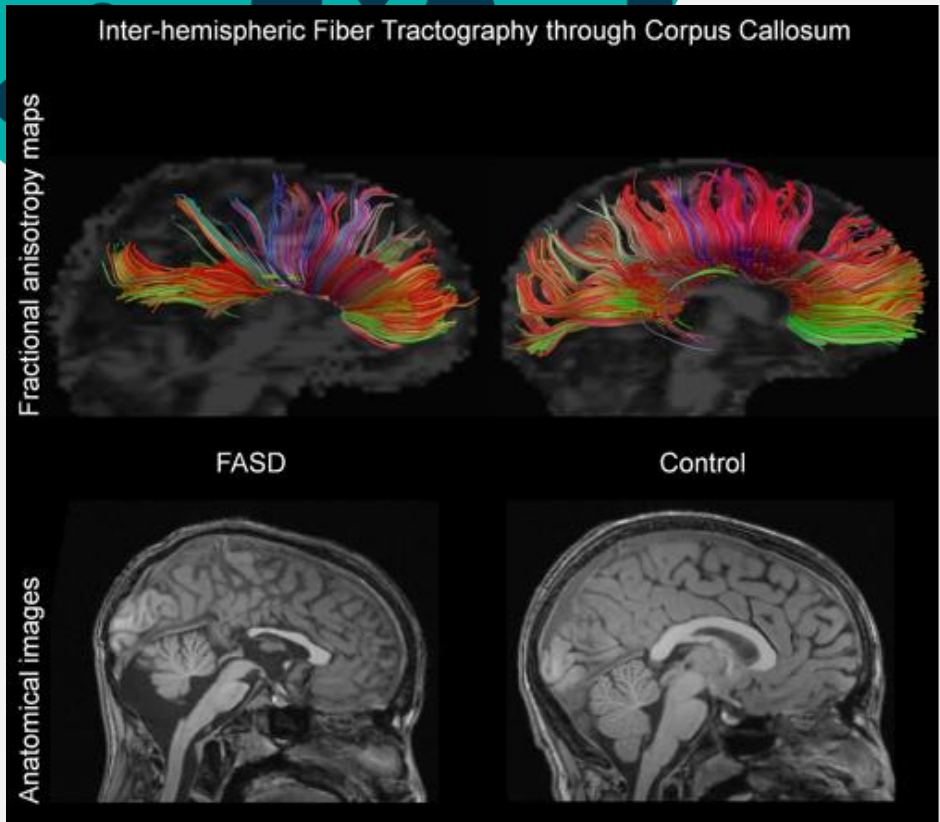


Facial features

It's a common myth that all people with an FASD have a specific set of facial features.

- The fact is only 10-15% of people with FASD have these facial features.





Behaviors associated with FASD can be challenging & try the patience of the most experienced, dedicated professionals & caregivers.

Photo courtesy of Dr. Jeffery Wozniak, University of Minnesota, 2019

Common Symptoms



- Impairment in memory & attention span
- Poor judgment & impulsive
- Easily influenced by others
- Difficulty generalizing knowledge
- Difficulty understanding abstract concepts
- Difficulty understanding cause-&-effect relationships
- May struggle with transitions
- Verbal receptive language is more impaired than verbal expressive language

Developmental Skills: Case Example

Physical maturity	→	18 years old
Comprehension	→	6 years
Emotional maturity	→	6 years
Social Skills	→	7 years
Concept of money, time	→	8 years
Reading level	→	16 years
Expressive language	→	20 years

Remember these three things:

You are now empowered with the information to help prevent a child from having a life-long and irreversible disability. That's huge!

Remember,

- Safer alcohol choices and planned pregnancies both help prevent FASD
- FASD is a brain-based, permanent disability with wide-ranging effects that impacts 1 in 20 children in the U.S.
- During pregnancy, there is no known safe amount of alcohol, no safe type of alcohol, and no safe time to drink alcohol

Proof Alliance Resources

- Public awareness & prevention
- Community grants & partners
- Family engagement & support
- Diagnostic clinic & screening
- Youth & young adult program
- Public policy work
- Professional education
- Proof Alliance website resources





PR%oF

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