

## How much alcohol is too much?

When you drink, the alcohol quickly travels through your bloodstream, crosses the placenta, and reaches your baby.

Your baby breaks down alcohol more slowly than you do, so she or he may end up with higher levels of blood alcohol than you have.

Drinking endangers your growing baby in a number of ways: It increases the risk of miscarriage and stillbirth.

As little as one drink a day can raise the odds for having a baby with a low birth weight and raise your child's risk for having problems with learning, speech, attention span, language, and hyperactivity.

## How Can I Prevent FAS?

If you are pregnant, **don't drink alcohol!** If you are trying to become pregnant, **don't drink alcohol!** If you think you might be pregnant, **stop drinking alcohol right away!** If you have trouble controlling your drinking, talk to your doctor or other care provider. He or she can help you stop drinking and give your baby a better start in life.

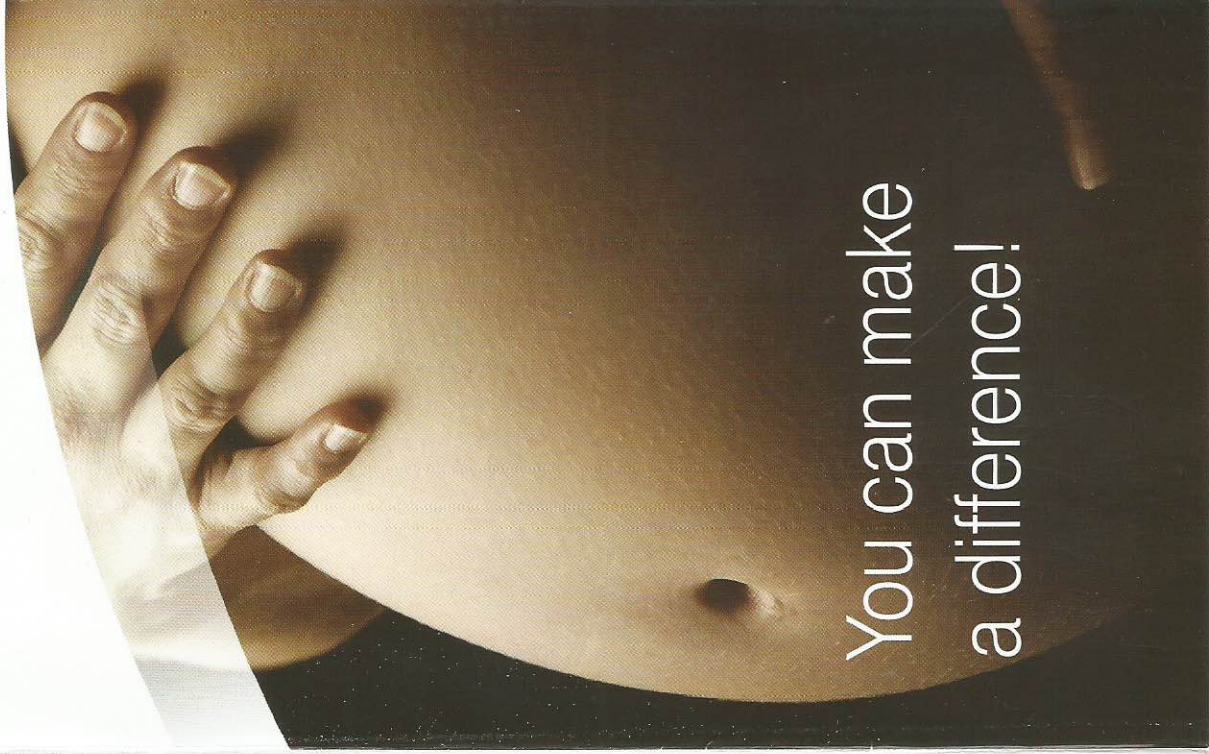


**FAS is 100% preventable. Avoid alcohol while planning a pregnancy and during pregnancy.**



**Produced by:** Drug and Alcohol Council  
MS Complex, First Floor, Suite 7  
Revolution Avenue, Victoria, Mahe, Seychelles  
Telephone: +248 4281819, +248 4281820  
E-mail: [dacomsey@gmail.com](mailto:dacomsey@gmail.com)

# Foetal Alcohol Syndrome



You can make a difference!



## How is alcohol dangerous?

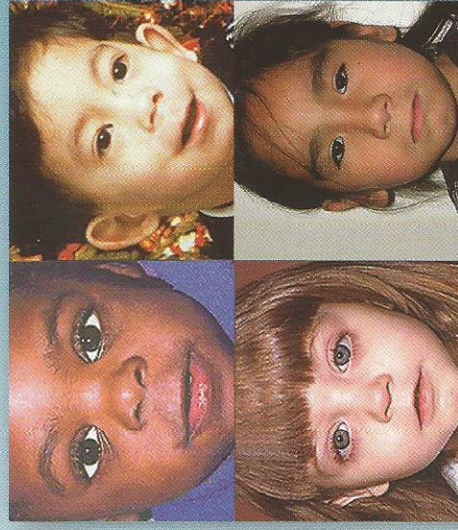
- When you drink alcohol you are taking direct risks with your own health.
- Alcohol affects your judgement, which can lead to other dangerous activities.
- Pregnant women who drink alcohol are putting their unborn baby or babies at risk.

## How does Alcohol damage the unborn baby?

- When a pregnant woman drinks, the alcohol goes in her bloodstream.
- The blood then carries the alcohol to the unborn baby.
- The alcohol can damage the unborn baby's growing body and brain.
- Alcohol can cause many types of birth defects.

## What is Fetal Alcohol Syndrome (FAS)?

- FAS is the name given to a pattern of physical and mental birth defects caused by drinking alcohol during pregnancy.
- The growth of the baby's heart, skeletal system, kidneys, eyes, ears, face and brain can be affected because of the alcohol the mother drank during pregnancy.
- Most children born with FAS have below average intelligence, and have trouble listening, learning, playing and paying attention.
- Children born with FAS can have emotional problems, behavioural problems and poor judgement and can have problems all their lives, so they may always need special help.



The damage caused by alcohol use during pregnancy is permanent. It cannot be cured or outgrown.

