

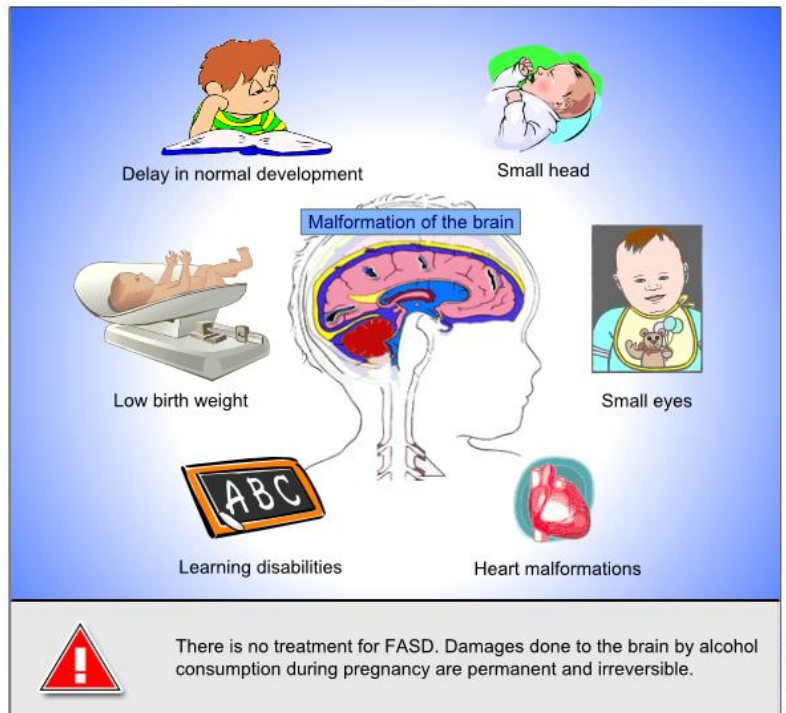
e. Alcohol

MODULE 1

When you drink, so does your baby. If you consume alcohol, your baby may be born with FASD (Fetal Alcohol Spectrum Disorder).

FASD includes the abnormalities caused by the consumption of alcohol during pregnancy. **FASD is the main known cause of congenital malformations in Canada.**

This is what can happen to the baby if the mother drinks alcohol.



Certain damages are not visible at birth but their long-term consequences are serious.

The following table summarizes harm done by alcohol consumption during pregnancy as well as the long-term consequences. Food for thought...

DAMAGES CAUSED BY ALCOHOL AND THEIR CONSEQUENCES	
Damages caused by alcohol	Long-term consequences
<ul style="list-style-type: none">• growth and developmental delays• intellectual deficiency• learning disabilities• hyperactivity• physical incapacity• attention deficiency and memory loss• inability to control anger• difficulties solving problems• head and brain malformations• nervous disorders	<ul style="list-style-type: none">• early school dropout• alcohol and drug problems• difficulties finding or keeping a job• homeless problems (being without a home)• trouble with the law• inappropriate sexual behavior• mental health problems

Alcohol, even the smallest quantity, is dangerous during pregnancy. The best thing to do is avoid alcohol during pregnancy.

If you drink alcohol, note that all types are dangerous and that there is as much alcohol in a bottle of beer as in a glass of wine or an ounce of liquor.

If you are a heavy drinker, you may need help to stop. For your health and the health of your baby call the support service agencies for help. You can contact a local addiction service, ask your health care provider or a public health nurse about the programs available in your area.

New Brunswick Addiction Centres: <http://www.gnb.ca/0378/centers-e.asp>

Public Health Agency of Canada: <http://www.phac-aspc.gc.ca/fasd-etcaf/index-eng.php>