



## Evidence of Risk

The amount of alcohol that is safe for the fetus has not been determined. There is no safe time to drink alcohol during pregnancy. Alcohol exposure can have consequences for the development of the fetus throughout pregnancy and variation in effects can be due to the stage of development of the fetus at the time of exposure.

Not all children exposed to alcohol during pregnancy will be affected or affected to the same degree, and a broad range of effects are possible. The level of harm is related to the amount of alcohol consumed, the frequency of the consumption and the timing of the exposure. The level of risk to the fetus is hard to predict.

There is no known level of alcohol consumption in pregnancy below which no damage to a fetus will occur.

**Advise women that no alcohol in pregnancy is the safest choice.**

## Fetal Alcohol Spectrum Disorder

Fetal Alcohol Spectrum Disorder (FASD) is a general term which describes the range of effects that can occur in an individual who was exposed to alcohol during pregnancy. Fetal Alcohol Syndrome, Alcohol Related Birth Defects and Alcohol Related Neurodevelopmental Disorder are diagnoses within FASD. Children with diagnoses included under the general term of FASD often have

- brain damage
- poor growth
- developmental delay
- difficulty hearing
- problems with vision
- difficulty remembering
- language and speech deficits
- poor judgement
- birth defects
- social and behavioural problems
- low IQ
- difficulty sleeping
- high levels of activity
- a short attention span
- problems with abstract thinking
- difficulty forming and maintaining relationships

## Further Information for Health Professionals and Referrals for Women

**Alcohol and Drug Information Service (ADIS)**

Phone 08 9442 5000 Free call 1800 198 024

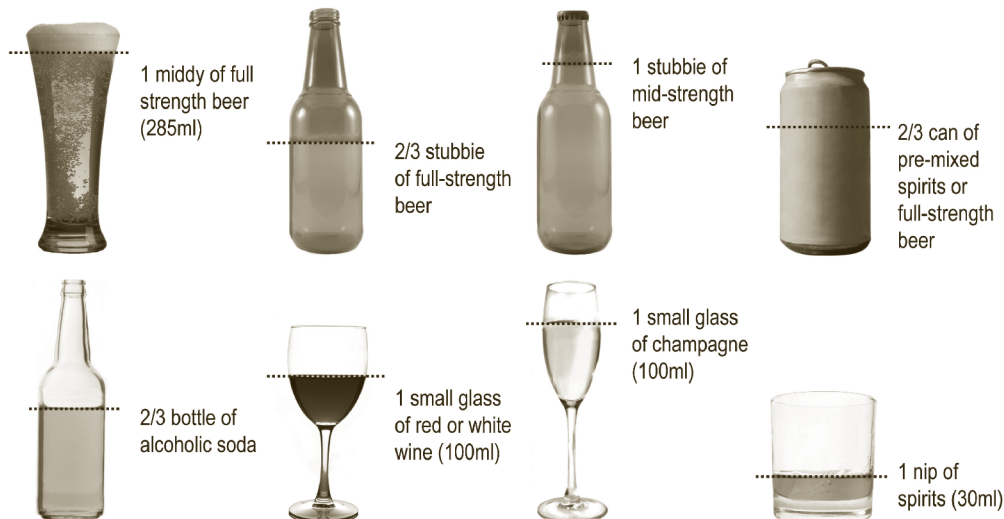
<http://www.dao.health.wa.gov.au>

**Antenatal Chemical Dependency Clinic (KEMH)**

Phone 08 9340 2222 Pager 3425

## STANDARD DRINK GUIDE

**Each of these drinks is approximately ONE STANDARD DRINK**



**Many single serve bottles, cans and glasses contain more than one standard drink. The number of standard drinks contained in an alcoholic drink is stated on the label.**

[www.ichr.uwa.edu.au/alcohol&pregnancy](http://www.ichr.uwa.edu.au/alcohol&pregnancy)

**Download 'Alcohol and Pregnancy: Health Professionals Making a Difference' booklet**