

FASD AT A GLANCE

- No amount of alcohol is known to be safe during pregnancy.
- Alcohol can cause more damage to an unborn baby than any other drug.
- FASD is the leading known cause of mental retardation.
- FASD can cause serious social and behavioural problems.
- FASD and alcohol related birth defects are 100% preventable if a woman doesn't drink during pregnancy.

FASD INVISIBLE CHARACTERISTICS

Though we cannot see the neurological brain damage that results from prenatal alcohol exposure, it can cause:

- Attention and memory deficits
- Hyperactivity
- Difficulty with abstract concepts (maths, time, money)
- Poor problem solving skills
- Difficulty learning from consequences
- Poor judgement
- Immature behaviour
- Poor impulse control
- Confused social skills

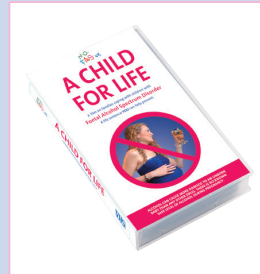
FASD POSSIBLE PHYSICAL EFFECTS

- Heart defects
- Limb damage
- Bone formation defects
- Kidney damage
- Damage to the structure of the brain
- Eye problems
- Hearing problems
- Facial anomalies

PLEASE HELP US

To educate, raise awareness and take action to reduce the prevalence and harm of Foetal Alcohol Spectrum Disorder and to support individuals with FASD, their families and their carers.

The National Organisation for Fetal Alcohol Syndrome – UK



The National Organisation For Fetal Alcohol Syndrome – UK
157 Beaufort Park, London
NW11 6DA England

Tel: 020 8458 5951
Fax: 020 8209 3296

Email: nofas-uk@midlantic.co.uk
www.nofas-uk.org

Registered Charity No. 110193

'A CHILD FOR LIFE', a 20 minute educational film about FASD is available from NOFAS-UK for a £35.00 donation. (for a special family rate contact NOFAS-UK) Please make charity donations payable to NOFAS-UK.

NOFAS-UK does not object to alcohol or sensible drinking. Our focus is alcohol consumption during pregnancy and the well being of the child and mother

Note: Foetal Alcohol Syndrome is such a well recognised condition in the rest of the world, that there are over 250,000 existing websites on the subject. However, you must use the international spelling of 'feta' as opposed to 'foetal' to access these websites.



HELPLINE
08 700 333 700

A special thank you to our Founding Patrons:
Celia and Edward Atkin
Lord and Lady Mitchell

Graphics designed by:
Point 6 Designs Ltd.



“IT’S NOT A GOOD IDEA ...



... TO DRINK WHILST PREGNANT”

THIS CHILD WAS BORN WITH BRAIN DAMAGE KNOWN AS FETAL ALCOHOL SPECTRUM DISORDER. ALCOHOL CAN CAUSE MORE DAMAGE TO AN UNBORN BABY THAN ANY OTHER DRUG. THERE IS NO KNOWN SAFE LEVEL OF ALCOHOL CONSUMPTION DURING PREGNANCY.



FOETAL ALCOHOL SPECTRUM DISORDER

Also known as FASD, is an umbrella term that covers Foetal Alcohol Syndrome (FAS), Alcohol Related Neurodevelopmental Disorders (ARND), Alcohol Related Birth Defects (ARBD) and Foetal Alcohol Effects (FAE) which are mental and physical disorders that can include

mental retardation, brain dysfunction, physical abnormalities, learning disorders and psychological disorders. FASD occurs as the result of prenatal alcohol exposure.

The effects can be severe or mild, ranging from loss of IQ points, to Attention Deficit Disorder, to heart defects and death. Many children experience serious behaviour and social difficulties that last a lifetime.

LEARNING DIFFICULTIES

Difficulty translating information from one sense of modality into appropriate behaviour – i.e. translating hearing into doing, thinking into saying, reading into speaking, feeling into words.

Difficulty generalising information. Links are not automatically formed. Learning happens in isolated clumps and may be unconnected or loosely connected to other experiences, thoughts or emotions.

Difficulty perceiving similarities and differences: without the ability to generalise and make associations, a person's capacity to compare and contrast, see whole patterns, sequence, predict and judge is affected.

Dr B Morse (1991)

It is estimated that more than 6000 children are born each year in the UK with FASD. 1 in 100 children born are affected.

Statistics calculated from 2002, British live births per year, World Health Organisation and International Studies.

More children are born with FASD than Downs syndrome, cerebral palsy, cystic fibrosis and spina bifida COMBINED.

(Journal of American Medical Association)



Alcohol causes more damage to the developing foetus than any other substance including marijuana, heroine and cocaine.

Institute of Medicine, 1996

HOW FOETAL ALCOHOL EXPOSURE AFFECTS BRAIN DEVELOPMENT

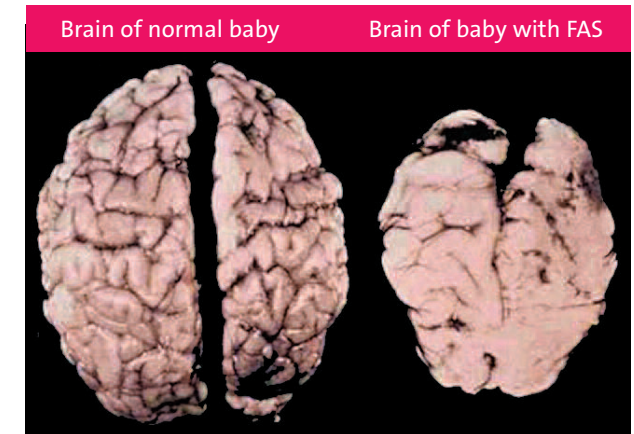


PHOTO COURTESY OF DR STERLING CLARREN

Foetal Alcohol Spectrum Disorder is a result of the consumption of alcohol during pregnancy. The alcohol molecule is very tiny and passes easily across the placenta from mother to baby, as early as 2 weeks after conception until birth.

Although alcohol can affect the development of all cells and organs, the brain is particularly vulnerable to the effects of alcohol exposure. Damage can occur throughout pregnancy.

UNDERSTANDING THE FASD THOUGHT PROCESS

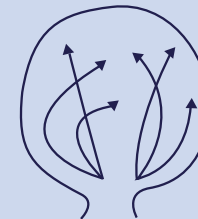
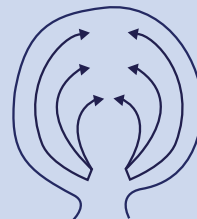


DIAGRAM COURTESY OF DIANE MALBIN

Normal development process

- Orderly organised, sequential.
-
- Many opportunities for links and interconnections.

FASD

- Inconsistent growth, undergrowth, disorganised gaps and clusters.
-
- Clusters can appear as areas of strength i.e. superior ability in art, music etc.

NOTE: Symptoms of FASD are NOT behavioural problems but a result of permanent, irreversible damage to the brain.