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## Healthy Woman's Column

*[Representing ob-gyns in New York and Bermuda](#)*

# Pregnant? Think: Don't Drink!

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The American Congress of Obstetricians and Gynecologists, District II (ACOG) has launched a statewide effort to raise awareness about fetal alcohol spectrum disorders (FASD) prevention. FASD describes a range of birth defects resulting from prenatal alcohol exposure. Maternal alcohol use is the leading known cause of mental retardation and is a preventable cause of birth defects. The effects of FASD vary among individual babies and children.

### Outcomes Associated With FASD Can Include:

- Specific facial characteristics
- Growth deficits
- Mental retardation
- Heart, lung, and kidney defects
- Hyperactivity and memory problems
- Poor coordination or motor skill delays
- Difficulty with judgment and reasoning
- Learning disabilities

***FASD is 100% preventable if women don't drink alcohol during pregnancy. There is no known safe amount of alcohol when you're pregnant, and there is no safe time to drink if you're pregnant.***

As part of ACOG District II's efforts, the Pregnant? Think, Don't Drink! Fetal Alcohol Spectrum Disorders (FASD) Prevention Handbook is available – free of charge – on the Medical Education page of [www.acogny.org](http://www.acogny.org). The booklet is intended to educate women of childbearing age about the dangers of alcohol use during pregnancy.

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