

Pregnancy & Alcohol



Will drinking alcohol during pregnancy affect my baby?

Drinking alcohol during pregnancy can cause Fetal Alcohol Syndrome (FAS). FAS is the name given to a combination of mental and physical defects that can be present at a baby's birth and continue throughout a child's life. One of the most serious defects is mental retardation. In addition to mental retardation, FAS can also result in one or more of the following:

- Miscarriage
- Brain damage that can't be repaired
- Growth problems:
 - shorter size
 - trouble gaining weight
 - small head
 - other physical problems and differences
- Abnormal facial features
- Heart and kidney problems
- Serious, lasting behavior problems

How much alcohol can I safely drink when I'm pregnant?

It's best not to drink at all. No one knows how much, if any, is safe for your baby. Why take a chance with your baby's health?

Pregnancy + Substance Abuse

Continued....

Can I drink after the first three months?

No! Although most body organs have their biggest growth during the first three months, the brain develops most during the last three months of pregnancy. Alcohol does more damage to the brain than to any other organ, and this can't be fixed.

I was drinking before I knew I was pregnant. Is it too late to help my baby?

It is never too late to help your baby's growth. Anytime you stop drinking you increase the chance of having a healthy baby.

What if I am pregnant or planning a pregnancy and don't think I can stop drinking?

You are capable of doing much more than you think. Get help now! There are special programs designed to help pregnant women deal with their addictions. Remember, it is never too late to quit. Doing so will be good for the health and well being of both you and your baby.

If you need help, contact a care manager, your nearest network provider or call ValueOptions of Kansas at:

1-866-645-8216

<http://www.valueoptions.com/kansas>



Resources:

U.S. Department of Health & Human Services

National Institutes of Health

301-496-4000

TTY 301-402-9612

NIHinfo@od.nih.gov

Contáctenos en Español

<http://www.nih.gov/health/infoline.htm>

toll-free health lines

<http://health.nih.gov/result.asp/534>

National Institute on Drug Abuse

<http://www.nida.nih.gov/NIDAHome.html>

Kansas SRS (Social and Rehabilitation Services)

Alcohol and Drug Abuse Services

1-800-586-3690

24 hours a day

<http://www.srskansas.org/hcp/AAPSPublicHome.htm>

For more information on
Prevention, Education and Outreach,
or for benefit information, call:

1-866-645-8216

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