

FOR IMMEDIATE RELEASE:

For questions or more information please contact:

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Dangers of Consuming Alcohol While Pregnant.

The Red Rock Regional Prevention Coordinator and the OUR Turning Point Coalition in Beckham County would like you to be aware of Fetal Alcohol Spectrum Disorder and the dangers associated with consuming alcohol while pregnant.

Fetal Alcohol Spectrum Disorder is an umbrella term describing the range of effects that can occur in an individual whose mother drank alcohol during pregnancy. These effects may include physical, mental, behavioral, and/or learning disabilities with possible lifelong implications. The term FASD is not intended for use as a clinical diagnosis. There are several disorders under Fetal Alcohol Spectrum Disorder. Those disorders are Fetal Alcohol Syndrome (FAS), Partial Fetal Alcohol Syndrome (PFAS), Alcohol-Related Neurodevelopmental Disorder (ARND), Alcohol Related Birth Defects (ARBD) and Fetal Alcohol Effects (FAE).

According to the National Organization of Fetal Alcohol Syndrome, 1 in 100 babies have FASD, nearly the same rate as Autism. FASD is more prevalent than Down Syndrome, Cerebral Palsy, SIDS, Cystic Fibrosis, and Spina Bifida combined. Alcohol use during pregnancy is the leading preventable cause of birth defects, developmental disabilities, and learning disabilities.

There are ways to prevent FASDs such as not drinking alcohol if you are pregnant; trying to become pregnant; or even could become pregnant without trying. If you are pregnant and drinking alcohol, stop now. There is no safe amount of alcohol during pregnancy. Developing babies lack the ability to process alcohol through the liver therefore they absorb all of the alcohol and have the same blood alcohol content as the mother.

If you have questions regarding alcohol and pregnancy, talk to your doctor, nurse or other health care professional. For more information

regarding FASD visit www.nofas.org or contact Red Rock Regional Prevention Coordinator at (580)323-9736. For more information on OUR Turning Point Coalition contact Cindy Buckmaster at (580)225-0175.)