

## **TEN THINGS YOU SHOULD KNOW ABOUT FAS**

1. Drinking during pregnancy can cause permanent damage to a developing fetus.
2. FAS is one of the most common causes of mental retardation, and is the only cause that is entirely preventable.
3. According to recent State of Alaska DHSS surveillance data, more than 126 children are born at risk for FASD each year in Alaska.
4. Prenatal exposure to alcohol can cause brain damage and other permanent birth defects.
5. Obtaining an FAS diagnosis can improve an individual's ability to function in the world, and may reduce secondary disabilities like depression and school failure.
6. FASD is found in all races and all socio-economic groups – wherever women drink alcohol FASD exists.
7. There is no safe level of alcohol consumption during pregnancy.
8. Women should stop drinking prior to trying to conceive – alcohol can cause damage to a developing fetus even before a woman knows she is pregnant.
9. FASD is 100 percent preventable.
10. With the right diagnosis, support and understanding, many individuals with FASD are living happy and full lives.