

ALCOHOL AND PREGNANCY?

Understanding the facts for a healthier future for you and your baby



1 Is it ok to drink beer, wine, or liquor while pregnant?

No. There is no known safe amount of alcohol to drink during pregnancy or while trying to get pregnant. There is also no known safe time to drink while pregnant.

Drinking beer, wine, or liquor while pregnant may harm the development of your baby, causing life-long challenges.

2 DRINKING ALCOHOL WHILE PREGNANT MAY AFFECT YOUR BABY BY CAUSING...



Problems with the heart, brain, and other organ development



Learning disabilities, poor memory, and difficulties paying attention



Uncommon facial features, small head, and below average height



FASD: Fetal alcohol spectrum disorder

Drinking alcoholic beverages while pregnant may interfere with your baby's development, causing physical defects, and potentially leading to life-long behavioral and learning problems.

3 DRINKING IN BRAZIL

5.2% of Brazilian women drink alcohol heavily.¹

18% of Brazilian women drink 4 or more alcoholic beverages on one occasion.²

Globally, it is estimated that FASD occurs every 0.5 to 2 new cases per 1,000 new births.³

In Brazil it is estimated that 1,500 to 3,000 new cases of FASD may occur.³

Many women do not plan to become pregnant and often times do not know they are pregnant until 4-6 weeks.

A women may be drinking and not even know she is pregnant. To prevent alcohol-exposed pregnancies, it is important to stop drinking if there is a chance you may be pregnant.



REFERENCES

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3. Centro de Informações sobre Saúde e Álcool [CISA]. (2017). Síndrome alcoólica fetal. Retrieved February 03, 2017, from <http://www.cisa.org.br/artigo/4763/sindrome-alcoolica-fetal.php>