

# #DRYMESTER

HELPING PARENTS-TO-BE GO ALCOHOL FREE



## FASD THE FACTS



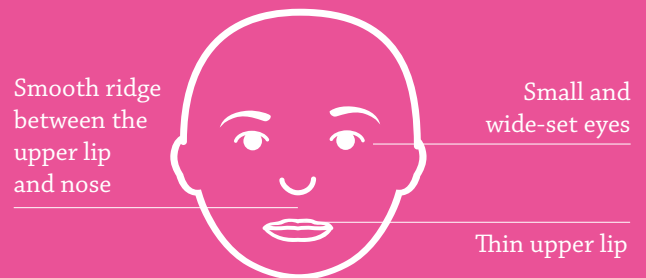
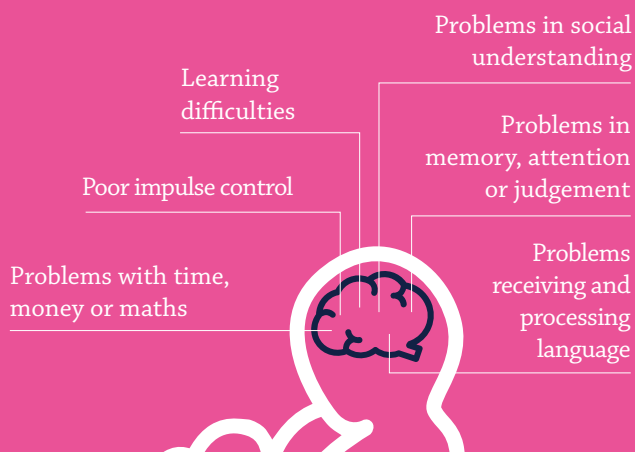
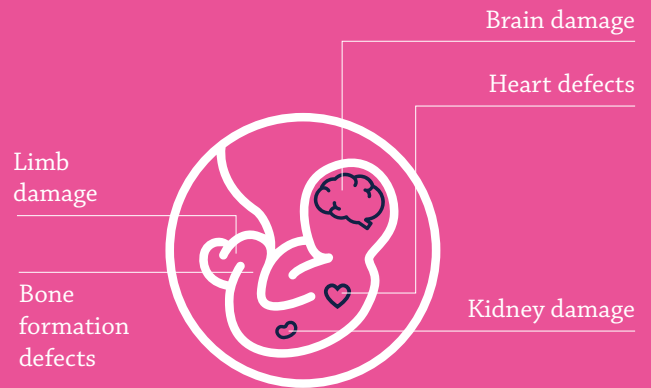
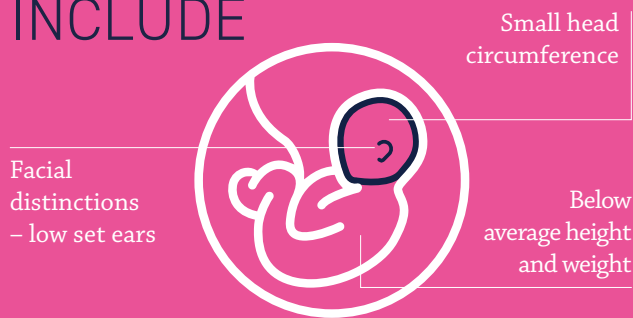
### FASD CAUSES LIFELONG DISABILITIES

FASD stands for Fetal Alcohol Spectrum Disorder, an umbrella term used to describe the range of lifelong disabilities that can occur as a result of drinking alcohol during pregnancy.

UK Chief Medical Officers

If you're pregnant or planning to become pregnant, the safest approach is **not to drink alcohol at all** to keep risks to your baby to a minimum.

### CONDITIONS INCLUDE



### FASD IS PREVENTABLE

For more information visit [www.drymester.org.uk](http://www.drymester.org.uk)

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