

#DRYMESTER

HELPING PARENTS-TO-BE GO ALCOHOL FREE



#DRYMESTER is a health awareness campaign commissioned by the Greater Manchester Health and Social Care Partnership which seeks to highlight the risks of drinking alcohol during pregnancy and the impact of Foetal Alcohol Spectrum Disorder (FASD).

The aim of #DRYMESTER is to dispel the many mixed messages and advice given to mums-to-be regarding drinking alcohol by spreading the clear guidance given by the Chief Medical Officers for the UK: 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. #DRYMESTER are asking mums-to-be and their friends and family to sign up and spread the word that there's no safe time and no safe amount of alcohol to drink during pregnancy.

#DRYMESTER will be sharing many resources to those who sign up, to help women or women planning a pregnancy to go alcohol free.

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

FASD includes:

- Foetal Alcohol Syndrome (FAS)
- Partial Foetal Alcohol Syndrome
- Alcohol-Related Birth Defects
- Alcohol-Related Neurodevelopmental Disorder

FASD includes physical, mental, behavioural and learning impairments. Symptoms include facial abnormalities, brain damage, heart defects, limb and kidney damage as well as cognitive disabilities such as learning difficulties, poor impulse control and social and mental health issues. FASD is commonly misdiagnosed as other disorders such as ADHD which have some similar symptoms.

FASD is preventable if alcohol use is avoided throughout the entire pregnancy.

Find out more about the campaign by visiting drymester.org.uk or on social media:

@Drymester_GMHSC **TWITTER**

@drymester_gmhsc **INSTAGRAM**

@DrymesterGMHSC **FACEBOOK**

If you're alcohol dependent and need help going alcohol free safely, contact your midwife or GP for advice and support today. Alternatively visit drymester.org.uk for local specialist service information.

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