



# FASD THE FACTS



## FASD CAUSES LIFELONG DISABILITIES

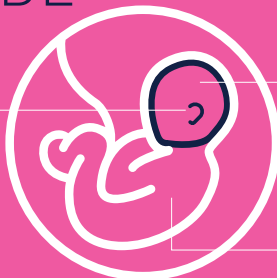
FASD stands for Fetal Alcohol Spectrum Disorder, an umbrella term used to describe the range of lifelong disabilities that can occur as a result of drinking alcohol during pregnancy.

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.

## SYMPTOMS INCLUDE

Facial distinctions – low set ears

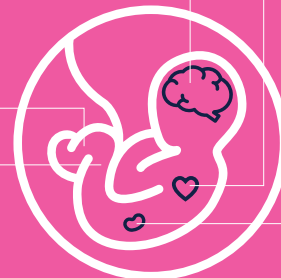


Small head circumference

Below average height and weight

Limb damage

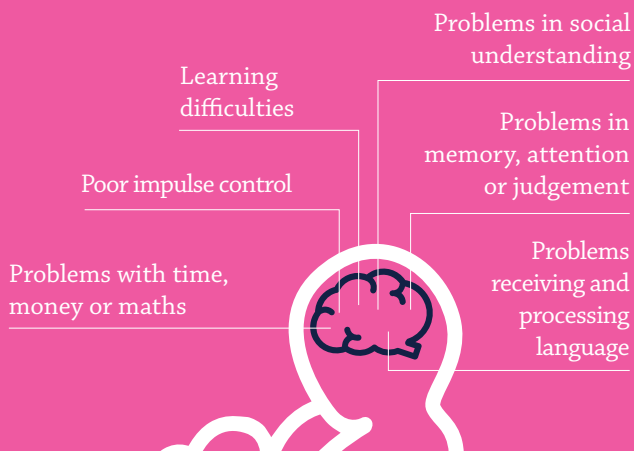
Bone formation defects



Brain damage

Heart defects

Kidney damage



Smooth ridge between the upper lip and nose



Small and wide-set eyes

Thin upper lip

## FASD IS PREVENTABLE