

# #DRYMESTER

HELPING PARENTS-TO-BE GO ALCOHOL FREE



## FASD THE FACTS



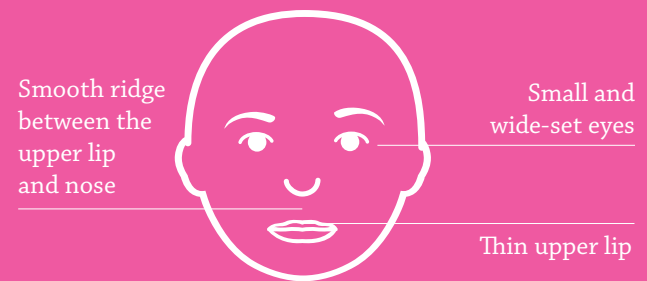
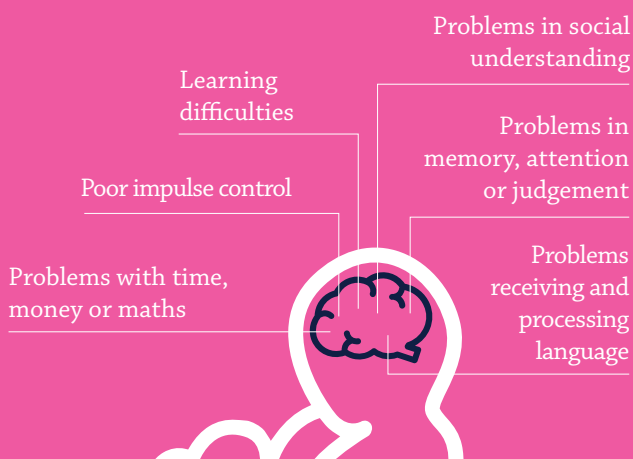
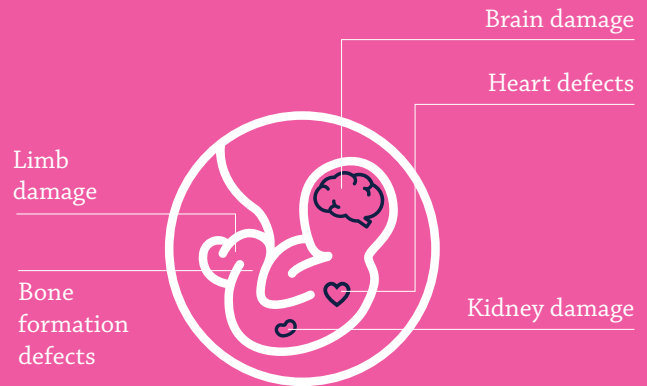
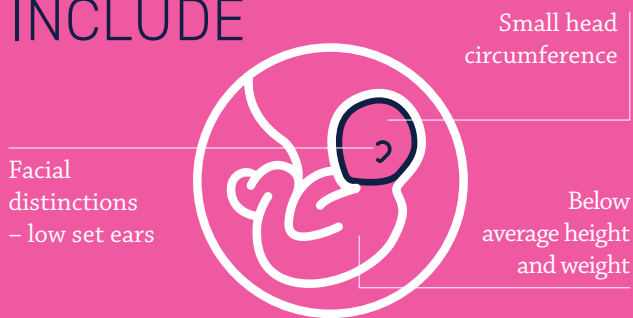
### FASD CAUSES LIFELONG DISABILITIES

FASD stands for Fetal Alcohol Spectrum Disorder, the 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

FASD is commonly misdiagnosed as other disorders such as ADHD and Autism. People with FASD also have many strengths. Diagnosis and FASD-informed support helps create brighter futures.



For helpful tips and advice to go alcohol free during pregnancy, or to support a loved one, find out more at [drymester.org.uk/suffolk](https://drymester.org.uk/suffolk)

