

# What Every Woman Should Know about Alcohol and Pregnancy

We've all heard that a woman shouldn't drink while she's pregnant or if she's planning to get pregnant. Here's why and what you should know:

- **Drinking alcohol during pregnancy can cause your baby to be born with birth defects and have disabilities.**  
These conditions are called fetal alcohol spectrum disorders or FASDs. FASDs can cause problems in how your baby grows, learns, looks, and acts. FASDs can also cause birth defects of the heart, brain, and other major organs. These problems last a lifetime.
- **There is no known amount of alcohol that is safe to drink while pregnant.**  
All drinks with alcohol (beer, wine, liquor, and others) can hurt an unborn baby. Some women can drink heavily during pregnancy and their babies do not seem to have any problems. Others drink less and their babies do have problems. There is no way to know for sure. The only certain way is to avoid drinking any alcohol during pregnancy.

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- **There is no safe time to drink during pregnancy.**

Alcohol can harm a baby at any time during pregnancy. It can cause problems in the early weeks of pregnancy, even before a woman knows she is pregnant.

- **Fetal Alcohol Spectrum Disorders are 100% preventable.**

Fetal alcohol spectrum disorders are 100% preventable—if a woman does not drink alcohol while she is pregnant.

**For more information about Alcohol and Pregnancy,  
talk to your doctor or call:**

- Cayuga County: CHAD 253-9786
- Madison County: BRiDGES 697-3947
- Oswego County: COCOAA 342-2370 or Farnham 342-4489
- Onondaga County: Prevention Network 471-1359



For more information call REACH CNY at 1-888-295-8662. Funded in part through the NYS Dept. of Health Division of Family Health.

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