



YOU CAN HELP PREVENT BIRTH DEFECTS Put Down that Drink if You Are Pregnant (or Trying to Be)!

This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

Fetal alcohol spectrum disorders, or FASDs, are caused by drinking alcohol during pregnancy. These conditions are among the top preventable birth defects and developmental disabilities. FASDs can cause problems in how a person grows, learns, looks, and acts, and can also cause birth defects of the heart, brain, and other major organs. These problems last a lifetime.

The good news is that FASDs are 100 percent preventable—if a woman doesn't drink alcohol while she's pregnant. Unfortunately, about 1 in 12 pregnant women in the United States report using alcohol.

Here's some important information you should know about drinking while pregnant:

- There's no known amount of alcohol that is safe to drink while pregnant.
- All drinks that contain alcohol can harm an unborn baby. A 12-ounce can of beer has as much alcohol as a 5-ounce glass of wine or a 1-ounce shot of liquor.
- There's no safe time to drink during pregnancy. Alcohol can harm a baby at any time during pregnancy.
- A woman who's trying to get pregnant shouldn't drink alcohol because she won't know she's pregnant for the first few weeks of pregnancy.
- A pregnant woman who has already used alcohol during her pregnancy should stop right away.

Because nearly half of all pregnancies in the United States are unplanned, women of childbearing age should talk with their doctor about how to prevent an alcohol-exposed pregnancy. Health professionals should ask women of childbearing age about their alcohol use, tell them about the risks of alcohol during pregnancy, and advise them not to drink alcohol if they're pregnant or trying to get pregnant.

Always remember that when a pregnant woman drinks alcohol, so does her unborn baby. If a pregnant woman doesn't drink, she'll prevent serious disabilities in her unborn baby caused by alcohol.

To access the most accurate and relevant health information that affects you, your family and your community, please visit www.cdc.gov.