



Think Before You Drink

Preventing Fetal Alcohol
Spectrum Disorders

FASD is 100% preventable.

Fetal Alcohol Spectrum Disorders (FASD) is an umbrella term used to describe disorders that result from alcohol exposure during pregnancy.



Of all substances of abuse, including heroin, cocaine and marijuana, alcohol produces by far the most serious effects on the brain of the fetus.”

*Institute of Medicine Report to Congress (1996)

**I pledge to
support her by ...**



Eating healthy

Going to scheduled medical appointments

Not drinking during the pregnancy

Support starts with solidarity. Dads-to-be: Choosing not to drink during pregnancy shows that you are all-in.



Fetal Alcohol Spectrum Disorders (FASD) refers to the range of effects that can occur in an individual who was exposed to alcohol during pregnancy.

Drinking alcohol during pregnancy can lead to the following issues for the baby:

- Heart problems
- Kidney problems
- Developmental disabilities
- Behavior problems
- Learning problems

**Let's break the
silence on FASD and
lead by example.
#FASD Prevention**



mha.ohio.gov/fasd • odh.ohio.gov/fasd • fatherhood.ohio.gov

Resources



**Department of
Mental Health &
Addiction Services**