

# **STOP Fetal Alcohol Syndrome/ Fetal Alcohol Effects (FAS/FAE) NOW!**

**Alcohol and Pregnancy Don't Mix**

**Healthy Parents - Healthy Babies**

For more information on the  
Government of Canada's FAS/FAE strategy call  
**1 800 O-Canada (1 800 622-6232)** TTY/TDD: 1 800 465-7735  
or visit our Web site at [www.healthcanada.ca/fas](http://www.healthcanada.ca/fas)



Health  
Canada Santé  
Canada



Canada

## **WHAT IS Fetal Alcohol Syndrome/ Fetal Alcohol Effects (FAS/FAE)?**

Fetal Alcohol Syndrome (FAS) is a term used to describe birth defects caused by the drinking of alcohol during pregnancy and nursing. Alcohol causes the greatest damage to the baby's brain.

Fetal Alcohol Effects (FAE) is a term used to describe the presence of some, but not all, FAS characteristics.

## **CHARACTERISTICS of FAS/FAE**

- FAS/FAE can cause permanent brain damage.
- FAS/FAE can cause heart and other organ defects.
- FAS/FAE can deform a baby's face for life.
- Children with FAS/FAE can have trouble learning and controlling their temper.
- FAS/FAE babies weigh less and grow slower than healthy babies.
- An individual with FAS/FAE can have drug and alcohol problems, have difficulty keeping jobs, and get in frequent trouble with the law.

***Damage to an unborn baby can begin AS EARLY AS the first weeks of pregnancy.***

## **CONCERNS about FAS/FAE**

Fetal Alcohol Syndrome (FAS) and Fetal Alcohol Effects (FAE) are the leading known causes of preventable birth defects among Canadian children.

- The estimated FAS rate in Canada is 1 to 3 for every 1,000 live births.
- The estimated FAE rate in Canada is 30 for every 1000 live births.

The rates of FAS/FAE in some First Nations and Inuit communities are much higher than the national average. FAS/FAE are serious concerns for First Nations and Inuit.

***"We owe our future to our unborn."***

Marion Mussell  
CPNP FAS/E  
National Steering Committee



***There is no safe TIME during pregnancy to drink alcohol.***

## **What you need to KNOW about FAS/FAE**

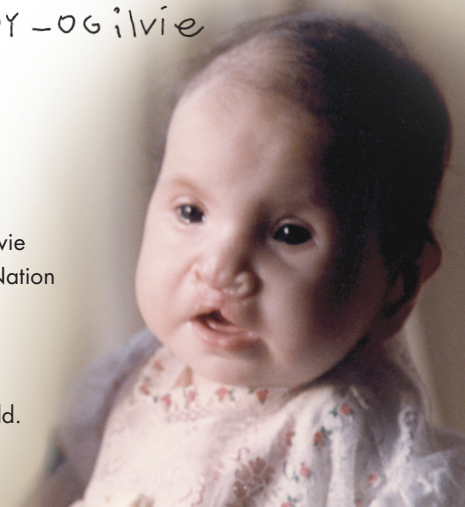
- When a pregnant woman drinks alcohol, her unborn baby drinks alcohol too.
- FAS/FAE causes permanent mental and physical damage to the baby.
- Babies born with FAS/FAE do not get better.
- There is no safe TIME during pregnancy to drink alcohol.
- No AMOUNT of alcohol is safe during pregnancy.
- Symptoms may not show up until a child is 3 or 4 years old.
- You can prevent FAS/FAE by not drinking alcohol when pregnant or nursing.

***No AMOUNT of alcohol is safe during pregnancy.***

***"Think Twice!"***

Lila MOODY-OGILVIE

Lila Moody-Ogilvie  
Squamish First Nation  
at 14 months.  
Born and living  
with FAS, she is  
now 17 years old.



## ***You can take ACTION***

- STOP drinking alcohol now if you are pregnant or nursing.
- STOP drinking alcohol now if you are planning to become pregnant.
- If you know someone who is pregnant and drinking alcohol, encourage her to STOP.

## ***You can find HELP and SUPPORT***

There are many who can help:

- Friends
- Family
- Community Health Centres, Nurses, Health Representatives and Wellness Workers
- Safe homes and shelters
- Native Alcohol and Drug Workers
- Teachers
- Elders
- Spiritual or religious centres
- Family physicians
- Midwives

*"Like a stone tossed into a pond,  
our actions ripple into the world,  
touching others in our families  
and communities."*

Aboriginal Nurses Association of Canada

## ***You can take CHARGE***

You can build a better future for yourself,  
your child, your family, and your  
community.

***Pregnant? No Alcohol!***



### ***For more information on FAS/FAE:***

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