

# During Pregnancy No Alcohol...Not Even A Drop





**“No Mom I don’t want a drink!”** That is what a fetus would say, if he or she could talk. Mom might awake the next morning with nothing more than a hangover, but for baby things are different. The baby remains swimming in a sea of toxic amniotic fluids because its undeveloped liver cannot process the alcohol that mom has consumed.

**According to studies alcohol is the LEADING** cause of mental retardation in the United States. [In addition](#) to mental retardation such problems as Fetal Alcohol Syndrome, increased miscarriages, infant deaths, problematic pregnancies and weak newborns may occur.

### **Let’s take a closer look at what happens to the fetus when Mom decides to have a drink.**

Drinking at any time during pregnancy can cause harm to the fetus. Alcohol in the mother’s blood passes through the placenta to the baby. Many areas of the fetus are affected:

- Alcohol can cause cell death and the fetus to develop abnormally
- Alcohol effects how nerve cells develop to and from the brain
- Alcohol interferes with the proper flow of nutrient rich blood to the fetus
- Alcohol can effect the brain development and can contribute to the development of [Fetal Alcohol Syndrome](#) (FAS)

 <b>FAS Results In...</b> 
<b>Mental retardation</b>
<b>Attention deficit problems</b>
<b>Language and learning challenges</b>
<b>Abnormal facial features</b>
<b>Behavior problems</b>
<b>Retarded growth before and after birth</b>
<b>Vision and hearing impairments</b>
<b>Heart, kidney and bone defects</b>

**Not even a drop!** According to the Center for Disease Control and Prevention (CDC) “There is no known safe amount of alcohol to drink while pregnant.” Meaning there is no way to determine which fetuses might end up being at risk. New data from the [CDC](#) shows that drinking while pregnant is still a problem.

**It is never too late for a woman to stop drinking during her pregnancy.** The sooner a woman stops drinking the better it is for her and her baby. If you are pregnant or know someone who is pregnant that may need help contact your doctor, local [AA](#) or local [treatment center](#).

