

Alcohol Facts

Luzerne County ranks 12th in the state for alcohol sales. Wyoming County had 9% increase in alcohol sales between 2016 and 2017. (LCB 2016-17 sales report)

One drink of alcohol is considered a 12oz can of beer, a 5oz glass of wine, and a 1.5oz glass of distilled spirits.

More than 10 percent of U.S. children live with a parent with alcohol problems. (SAMSHA, 2012)

1 in 9 pregnant woman reported drinking alcohol in the last 30 days. About 1/3 of women reported binge drinking.

Binge drinking is considered:
4 drinks for women or 5 drinks for men in a 2 hour period.

Alcohol causes more harm during pregnancy than heroin or cocaine.

Alcohol is the third leading cause of preventable death in the United States.



If you suspect your child
has been
impacted by FASD
Help is available
Please call

Children's Service Center

All Children with an FASD
can be
Successful.
Resources

**Luzerne/Wyoming Counties
Drug and Alcohol Programs
111 North Pennsylvania Ave.
Wilkes-Barre, PA 18701
570-826-8790**

**SAMHSA National Helpline
1-800-662-HELP
TTY: 1-800-487-4889**

**Northeast PA Helpline
Call 211
Nepa211.org**

**Healthy Moms
570-955-7821
Text *healthymoms*
To 555888**



What Moms Need to Know

Fetal Alcohol Spectrum Disorders

334 South Franklin Street
Wilkes-Barre, PA 18702
Phone: 570-825-6425

133 West Tioga Street
Tunkhannock, PA 18657
Phone: 570-836-2795

840 Main Street
Honesdale, PA 18431
Phone: 570-253-0321

FASDs Facts

- Fetal alcohol spectrum disorders (FASDs) are a group of conditions that can occur in a person whose mother drank alcohol during pregnancy. These effects can include physical problems and problems with behavior and learning. Often, a person with an FASD has a mix of these problems. - CDC
- 1 in 100 babies have FASD, nearly the same rate as Autism. FASD is more prevalent than Down Syndrome, Cerebral Palsy, SIDS, Cystic Fibrosis, and Spina Bifida combined. – NOFAS website
- Alcohol use during pregnancy is the leading preventable cause of birth defects, developmental disabilities, and learning disabilities. – NOFAS website

Can I Drink Alcohol While Pregnant?

Even light drinking is dangerous to a growing baby. The smallest amount of alcohol can increase the risk of:

- Miscarriage
- Stillbirth
- Prematurity
- Sudden infant death syndrome (SIDS)

Discussion with Your Doctor

If you have consumed alcohol while pregnant, discuss these factors with your doctor.

- Quantity– how much you drink per occasion
- Frequency—how often do you drink
- Timing—what developmental stage is your baby in when you have consumed alcohol in any form/ quantity

There is no cure for Fetal Alcohol Spectrum Disorder and some symptoms will not appear until a child is school aged.
–CDC

Signs/Symptoms of FASDs

Low body weight
Poor coordination
Hyperactive behavior
Difficulty with attention
Poor memory
Difficulty in school (especially with math)
Learning disabilities
Speech and language delays
Intellectual disability or low IQ
Poor reasoning and judgment skills
Sleep and sucking problems as a baby
Vision or hearing problems
Problems with the heart, kidneys, or bones
Shorter-than-average height
Small head size
Abnormal facial features

