

Fetal Alcohol Syndrome

Also called: FAS

If you are pregnant and drink alcohol, so does your baby. This can hurt your baby's growth and cause life-long physical and behavioral problems. One of the most severe effects of drinking during pregnancy is fetal alcohol syndrome (FAS).

FAS is a group of problems that can include:

- Mental retardation
- Birth defects
- Abnormal facial features
- Growth problems
- Problems with the central nervous system
- Trouble remembering and/or learning
- Vision or hearing problems
- Behavior problems

FAS lasts for a lifetime. There is no cure. Special school services can help with learning problems. Routines and consistency at home may help with behavior problems.

Women can prevent FAS and other problems related to alcohol use by not drinking when they are pregnant or might get pregnant.



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