|  |
| --- |
| ***FASD Webinar Series: How Much Alcohol Can a Woman Drink During Pregnancy And Be Sure To Not Harm Her Baby? Why The Answer Is None.*** |
| **Presented by: Sandra Kelly, Ph.D. On: January 14, 2015** |
| * Professor & Experimental Program Director, Department of Psychology, University of South Carolina
 |
| **Historical Timeline of FASD** |  | **Secondary Disabilities Related to FASD** |
| * 1981 Surgeon General Report warning against drinking while pregnant
* 1980’s and 90’s research was focused on effects of alcohol on individuals (brain regions, timing of consumption, patterns)
* 2000’s to present – relating specific brain regions behavior patterns and more focus on treatment and prevention
 |  | * Mental health problems - ADD, depression, anxiety (90%)
* Trouble in school (40%)
* Trouble with the law (40%)
* Inappropriate sexual behavior (43%)
* Alcohol and drug problems (20%)
* Over 21 and in a dependent living situation (82%)
* Problems keeping employment (79%)
 |
| **Blood Alcohol Levels Determinants**  |  | **Why a Health Professional Should Advise patients against drinking during pregnancy**  |
| * The amount of alcohol total is not key – it is the blood alcohol level that determines the amount of damage to fetus
* Blood Alcohol Levels are determined by:
* How much alcohol
* How quickly its consumed
* Presence of food in the stomach
* Size of individual and body fat composition
* Liver status/damage and ability to metabolize alcohol
* Inadequate nutrition – iron deficiency can impact (common during pregnancy 22%) can affect alcohol impact
 |  | * A pregnant woman and her fetus are exposed to same level of alcohol concentrations
* Low levels of alcohol have been determined in animal studies to damage the fetus
* Rat studies have shown that genetics of fetus and mother determines alcohol impact on brain and other functions during development
* Dr. does not know or have control of how/when a woman ingests alcohol – was it ingested quickly like a shot, or sipped over time? Did she eat beforehand? What’s her genetic history? How does her body metabolize alcohol? ***Due to these unknowns a doctor should always advise against ANY alcohol consumption*** ***during pregnancy***
 |
| **Resources**  |  | **How to Get Involved** |
| * [TIP Webinar from FASD Center for Excellence](http://fasdcenter.samhsa.gov/webinars/TIPWebinar.aspx)
* [TIP 58 – best practices in prevention](http://stores.samhsa.gov/)
* [CDC FASD Homepage](http://www.cec.gov/ncbddd/fasd/index.html)
* [National Organization on Fetal Alcohol Syndrome (NOFAS)](http://www.nofas.org)
* [FASD Prevention Videos](http://www.thearc.org/FASD-Prevention-Project/videos)
 |  | * Distribute electronic communications via social media about FASD prevention materials to colleagues or health care providers
* Distribute and/or present FASD prevention materials to your colleagues and/or health care providers in your local community
* Suggest that research or resources be added to the website
* Share information with us about your FASD prevention efforts.
 |
| **Contact:** Katrina Burkgren, Program Associate  **Phone:** 202.534.3485   **Email:** burkgren@thearc.org |