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| ***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. | |
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