

*There is no known
safe amount of
alcohol to drink while
pregnant.*

Use of alcohol, tobacco, and/or other drugs at *any time during pregnancy* can have **lifelong effects on a child, such as:**

- brain damage
- poor coordination
- inability to learn
- hyperactivity
- facial deformities
- mental retardation
- physical deformities
- behavioral problems

Affected children may:

- Require special medical attention, special education and/or lifelong supervision
- Be at higher risk for substance abuse
- Be at higher risk for premature death

Babies exposed to alcohol before they are born can have Fetal Alcohol Spectrum Disorders (FASD) or Fetal Alcohol Syndrome (FAS).

What Causes FASD?

FAS and FASD are caused by the mother drinking alcohol during pregnancy.

Some Facts About FASD:

Alcohol causes more damage to the developing baby's brain than any other substance.

FASD is the leading cause of developmental disabilities and mental retardation.

If you are pregnant or planning to get pregnant, remember *no amount of alcohol is safe for your baby.*

FASD is 100% preventable if a woman does not drink alcohol while she is pregnant.

PLAN AHEAD:
*Help your baby
get a healthy start
in life*

If you are pregnant or are planning to become pregnant: Drinking any type of alcohol, smoking (cigarettes, marijuana), and/or using illegal drugs can impact a baby's health even before it's born.

Half of all pregnancies are unplanned: Even if you are only *thinking* of getting pregnant, talk to your doctor to discuss your health options now.

When you are pregnant: Drinking any type of alcohol, smoking, (cigarettes, marijuana), and/or using illegal drugs can be harmful to a baby.

Are you pregnant?

Are you thinking about getting pregnant?

TAKE THIS SHORT QUIZ

- YES NO** Do you drink any alcohol?
- YES NO** Do you smoke tobacco or marijuana?
- YES NO** Do you use other drugs?
- YES NO** Are you having unprotected sex?
- YES NO** Do you think there are safe times or amounts to drink alcohol during pregnancy?

If you answered **YES** to any of these questions, educate yourself about the health risks of alcohol and/or substance use during pregnancy.

To access treatment resources or to obtain free educational materials for yourself or someone you may be concerned about, call the Maine Substance Abuse and Mental Health Services Information and Resource Center at 1-800-499-0027.

Moms and babies both deserve to be healthy.

Learn about the potential health risks of substance use during pregnancy to both you *and* your unborn baby.

*You are not alone.
Help is available!*

For more information, call the
Maine Substance Abuse and Mental
Health Services
Information & Resource Center
1-800-499-0027
TTY: 711 (Maine Relay)
e-mail: osa.ircosa@maine.gov



Paul R. LePage, Governor

Substance Abuse
and Mental Health Services
An Office of the
Department of Health and Human Services

Mary C. Mayhew, Commissioner

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This notice is available in alternate formats, upon request.

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Learn about the health risks of alcohol and other substance use during pregnancy.

1-800-499-0027
TTY: 711 (Maine Relay)



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