Fetal Alcohol Spectrum Disorders

URL of this page: http://www.nlm.nih.gov/medlineplus/fetalalcoholspectrumdisorders.html

Also called: FASD

Alcohol can harm your baby at any stage during a pregnancy. That includes the earliest stages before you even know you are pregnant. Drinking alcohol can cause a group of conditions called fetal alcohol spectrum disorders (FASDs). Effects can include physical and behavioral problems such as trouble with:

- Learning and remembering
- Understanding and following directions
- Controlling emotions
- Communicating and socializing
- Daily life skills, such as feeding and bathing

Fetal alcohol syndrome is the most serious type of FASD. People with fetal alcohol syndrome have facial abnormalities, including wide-set and narrow eyes, growth problems and nervous system abnormalities.

FASDs last a lifetime. There is no cure for FASDs. Treatments can help. These include medicines to help with some symptoms and behavior therapy. No one treatment is right for every child.

Centers for Disease Control and Prevention

Start Here

- Fetal Alcohol Exposure [http://pubs.niaaa.nih.gov/publications/FASDFactsheet/FASD.pdf] NIH (National Institute on Alcohol Abuse and Alcoholism) - PDF
  Also available in Spanish [http://pubs.niaaa.nih.gov/publications/DrinkingPregnancy_HTMLSpan/pregnancy_spanish.htm]
- Fetal Alcohol Spectrum Disorders (FASDs) [http://www.cdc.gov/NCBDDD/fasd/facts.html] (Centers for Disease Control and Prevention)

Overviews

- Fetal Alcohol Spectrum Disorders (FASDs) [http://www.cdc.gov/ncbddd/fasd/index.html] (Centers for Disease Control and Prevention)

Diagnosis/Symptoms

- Understanding Fetal Alcohol Spectrum Disorders: Getting a Diagnosis [http://www.fasdcenter.samhsa.gov/documents/WYNKDiagnosis_5_colorJA_new.pdf] (Substance Abuse and Mental Health Services Administration) - PDF

Treatment

- Fetal Alcohol Spectrum Disorders (FASDs): Treatments [http://www.cdc.gov/ncbddd/fasd/treatments.html] (Centers for Disease Control and Prevention)

Prevention/Screening

- Preventing FASD: Healthy Women, Healthy Babies [http://www.fasdcenter.samhsa.gov/documents/WYNK_Preventing_FASD.pdf] (Substance Abuse and Mental Health Services Administration)
Coping
- Fetal Alcohol Syndrome: A Parent's Guide to Caring for a Child with FAS [http://www.mothertobaby.org/readResource.php?r=108654] (Wake Forest University, School of Medicine, Organization of Teratology Information Specialists) - PDF
- Independent Living for People with Fetal Alcohol Spectrum Disorders [http://www.fascenter.samhsa.gov/documents/WYNKIndLiving_6_colorJA_new.pdf] (Substance Abuse and Mental Health Services Administration) - PDF

Specific Conditions
- Fetal Alcohol Syndrome [http://www.mayoclinic.com/print/fetal-alcohol-syndrome/DS00184/METHOD=print&DSECTION=all] (Mayo Foundation for Medical Education and Research)
  Also available in Spanish [http://kidshealth.org/parent/en_espanol/embrazo/fas_esp.html]

Related Issues
- Fetal Alcohol Spectrum Disorders among Native Americans [http://store.samhsa.gov/shin/content//SMA06-4245/SMA06-4245.pdf] (Substance Abuse and Mental Health Services Administration) - PDF
- How to Help Your Family Member or Friend Be an Alcohol-Free Mother-to-Be [http://fascenter.samhsa.gov/documents/HTB.01.04_Fe.pdf] (Substance Abuse and Mental Health Services Administration) - PDF
- Microcephaly [http://www.mayoclinic.com/health/microcephaly/DS01169/METHOD=print] (Mayo Foundation for Medical Education and Research)

Health Check Tools
- Fetal Alcohol Spectrum Disorders (FASDs): Alcohol Use Quiz [http://www.cdc.gov/ncbddd/fasd/quiz.html] (Centers for Disease Control and Prevention)

Clinical Trials

Research

Journal Articles
References and abstracts from MEDLINE/PubMed (National Library of Medicine)
- Article: Facial dysmorphism across the fetal alcohol spectrum.
Fetal Alcohol Spectrum Disorders: MedlinePlus (Print Version)

- Article: Mitogen-activated protein kinase modulates ethanol inhibition of cell adhesion mediated...

Directories
- Substance Abuse Treatment Facility Locator [http://findtreatment.samhsa.gov/TreatmentLocator/faces/quickSearch.jspx] (Substance Abuse and Mental Health Services Administration)

Organizations
- Centers for Disease Control and Prevention [http://www.cdc.gov]
  Also available in Spanish [http://www.cdc.gov/spanish/]
- Fetal Alcohol Spectrum Disorders (FASD) Center for Excellence [http://fasdcenter.samhsa.gov] (Substance Abuse and Mental Health Services Administration)
- March of Dimes Birth Defects Foundation [http://www.marchofdimes.com]
  Also available in Spanish [http://www.nacersano.org/]
- National Organization on Fetal Alcohol Syndrome [http://www.nofas.org/]

Statistics
- Fetal Alcohol Spectrum Disorders (FASDs): Data and Statistics [http://www.cdc.gov/ncbddd/fasd/data.html] (Centers for Disease Control and Prevention)

Children
- Adopting and Fostering Children with Fetal Alcohol Spectrum Disorders [http://www.fasdcenter.samhsa.gov/documents/WYNK_Adoption.pdf] (Substance Abuse and Mental Health Services Administration) - PDF
- Effects of Alcohol on a Fetus [http://www.fasdcenter.samhsa.gov/documents/WYNK_Effects_Fetus.pdf] (Substance Abuse and Mental Health Services Administration) - PDF
- Kids' Quest: Fetal Alcohol Spectrum Disorders [http://www.cdc.gov/ncbddd/kids/fasd.html] (Centers for Disease Control and Prevention)

Patient Handouts
  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/article/000911.htm]
- Language of Fetal Alcohol Spectrum Disorders [http://www.fasdcenter.samhsa.gov/documents/WYNKLanguageFASD2.pdf] (Substance Abuse and Mental Health Services Administration) - PDF
- Preventing FASD: Healthy Women, Healthy Babies [http://www.fasdcenter.samhsa.gov/documents/WYNK_Preventing_FASD.pdf] (Substance Abuse and Mental Health Services Administration) - PDF

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The primary NIH organization for research on *Fetal Alcohol Spectrum Disorders* is the National Institute on Alcohol Abuse and Alcoholism [http://www.niaaa.nih.gov]

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