



HEALTH MATTERS

• I N - F O C U S •

Fetal Alcohol Syndrome Day

World Foetal Alcohol Syndrome (FAS) Day is celebrated each year 9:09am on the 9th day of the 9th month in recognition of the importance of being alcohol free for the nine months of the pregnancy to draw attention to the fact that women should not drink alcohol for nine months whilst pregnant.

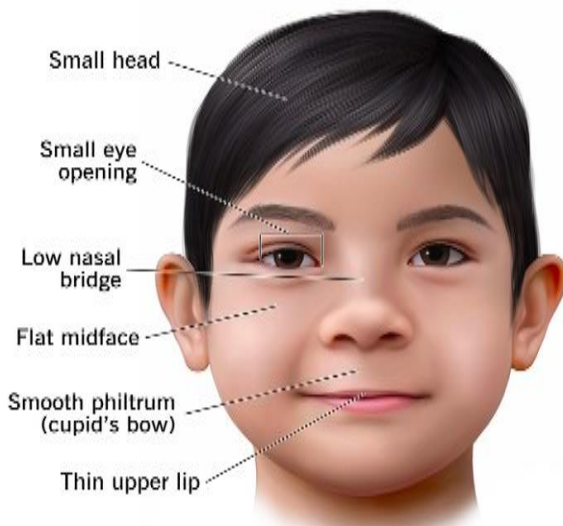


One drink for mum, is one drink for baby.

Introduction

Alcohol is a "teratogen," something known to cause abnormalities in a fetus after prenatal exposure. The alcohol the mother consumes is toxic (poisonous) for the unborn baby and it may damage any of the unborn baby's organs, although the brain and the nervous system are the most vulnerable.

Fetal alcohol syndrome



A child exposed to alcohol before birth may face a lifetime of challenges from what are called fetal alcohol spectrum disorders.

Complications

Fetal alcohol syndrome can result in behavioral problems later in life. These include, depression, anxiety, eating disorders and other mental health issues. Alcohol or drug abuse, inappropriate sexual behaviors, inability to stay in or finish school. Attention Deficit Hyperactivity Disorder (ADHD) and inappropriate social conduct and untimely death by suicide, accident or homicide.

Statistics

According to (Sobuwa, 2023) South Africa has the highest reported rates of fetal alcohol spectrum disorder in the world: 111.1 per 1 000 of the population.

Recommendations

- There is no safe amount of alcohol when a person is pregnant.
- There is no safe type of alcoholic beverage to consume while pregnant.
- There is no point during pregnancy when drinking alcohol is considered safe.
- Stop drinking alcohol if you are thinking of falling pregnant.
- Stop drinking alcohol if you are pregnant.
- If one cannot stop, drink less and seek professional help.
- If one drinks alcohol do not fall pregnant. Use contraceptives correctly.

References:

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