

MYTHS VS FACTS

about drinking alcohol while pregnant

Drinking alcohol while pregnant can cause a range of disorders for the baby called Fetal Alcohol Spectrum Disorders (FASDs). There are a lot of opinions about drinking alcohol while pregnant, but which ones are true? Let's debunk the myths about the subject and have a reality check.

MYTH

It's okay to drink a little bit of alcohol during the third trimester.

FACT

No amount of alcohol has been proven safe to consume during any stage of pregnancy. In the third trimester, the baby's brain is still developing, and will continue to develop after birth, so drinking alcohol can still cause major issues.[1]

MYTH

Wine is the safest alcohol to drink when you're pregnant.

FACT

There is no safe type of alcohol to consume while pregnant. Any consumption of alcohol, including wine, can cause harm to the baby throughout pregnancy.[2]

MYTH

FASDs only occur in children of mothers who are heavy drinkers or have an alcohol addiction.

FACT

While women who drink frequently increase the chances of their child having FASDs, drinking even a little bit of alcohol can affect the baby's brain development.[2,3]

MYTH

FASD symptoms will disappear when the child gets older.

FACT

Symptoms of FASDs do not go away when the child gets older. Brain, neurobehavioral, and physical defects can last throughout adulthood.[4]

Sources

1. https://www.brainfacts.org/diseases-and-disorders/childhood-disorders/2018/what-is-fetal-alcohol-syndrome,-and-how-does-it-affect-the-brain-082318

2. https://www.cdc.gov/fasd

3. https://sites.duke.edu/apep/module-5-alcohol-and-babies/content-any-amount-of-alcohol-during-pregnancy-can-result-in-fasd/

4. Moore EM, Riley EP. What Happens When Children with Fetal Alcohol Spectrum Disorders Become Adults?. Curr Dev Disord Rep. 2015;2(3):219-227. doi:10.1007/s40474-015-0053-7

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