



Review Questions

Understanding Prenatal Alcohol Exposure

1. What are Fetal Alcohol Spectrum Disorders (FASD)?

An umbrella term for a spectrum of disorders caused by prenatal alcohol exposure that includes physical, mental, behavioral, and learning disabilities.³

2. What is Fetal Alcohol Syndrome (FAS)?

A medical diagnosis concluded from the following signs:³

- Distinctive, abnormal facial features
- Growth deficiencies
- Central nervous system problems

3. What causes FAS and FASD?

Exposure to alcohol as a fetus; a woman drinking alcohol when she is pregnant.^{3, 4, 5}

4. What **type** of alcohol is safe to drink during pregnancy?

None. Exposure to any type of alcohol is unsafe for a developing fetus.^{4, 6}

5. What **amount** of alcohol is safe to drink during pregnancy?

None. There is no known safe amount of alcohol that can be consumed during pregnancy.^{4, 6}

6. How does alcohol reach a developing fetus?

When a pregnant woman has a drink, the alcohol readily moves across the placenta into the fetus's bloodstream through the umbilical cord.⁷

7. Describe five things that can happen to a fetus when a pregnant woman drinks alcohol:

The alcohol enters the fetus's bloodstream and the following damage can occur to the fetus (depending on the developmental stage):

- Heart, lung, and/or kidney defects^{5, 8}
- Vision and/or hearing problems⁵
- Genital changes⁵
- Dental and palate abnormalities (e.g., small teeth, cleft palate)⁵
- Brain damage⁵

8. What are the features of the FAS Baby that represent a baby whose mother consumed alcohol during her pregnancy?

- Small head circumference
- Flat midface
- Indistinct ridge between nose and lips (philtrum)
- Narrow upper lip
- Non-inherited skin folds covering inner corners of the eyes (normal for many Asian and Native American individuals)
- Flat nose bridge
- Upturned nose

- *Unusually small chin*
- *Minor ear abnormalities*
- *Small size for gestational age*
- *Unusually thin arms and legs*
- *Subtle hand abnormalities*
- *Go with them as they learn about and arrange for available services.*
- *Offer to stay with the baby to relieve caregiver stress.*

9. True or false: FAS and FASD are 100 percent preventable.

True^{3, 4}

10. What are some of the problems an individual with FASD can have throughout his or her life?

- *Reduced cognitive ability⁸*
- *Learning disabilities^{3, 8}*
- *Attention and memory problems^{3, 8}*
- *Hyperactivity⁸*
- *Poor coordination⁸*
- *Judgement and reasoning difficulties⁸*
- *Communication problems³*
- *Difficulties with school³*

11. What can friends and family do to help a pregnant woman deliver a healthy baby?

- *Explain that ANY amount and ANY type of alcohol can hurt a developing fetus.*
- *Keep several social activities in mind other than drinking alcohol that you and your friends enjoy doing.*

12. What can you do to help the family of a baby with FASD?

- *Encourage them to seek community services.*
- *Encourage them to visit their local school district's early childhood and family education programs.*