

▣ **NCADD Alcohol & Drug-Related Birth Defects Awareness Week**

Each May, NCADD and our National Network of Affiliates play a major and vital role across the US in educate people, especially women, about the dangers of consuming alcohol and using drugs during pregnancy. It is not pretty. Newborns can come into the world with severe birth defects. The reality is harsh and sad. NCADD believes children deserve better!

An educated mother and her spouse and/or sexual partner can prevent the fate many newborns face. NCADD knows these tragic births can be prevented if people understood the truth.

Here's a sample of some startling facts:

- **Fetal alcohol syndrome disorders (FASD)**, the leading known cause of developmental disabilities in newborns (historically known as mental retardation) stems from maternal alcoholism or heavy drinking during pregnancy. Features of FASD include growth deficiency before and after birth, developmental delays, intellectual challenges, behavioral problems, changes in facial features such as a flattened midface, small jaw and/or a thin upper lip.
- **Perinatal cocaine exposure** can result in obstetrical complications such as low birth weight, smaller head circumference, abnormal neonatal behavior and cerebral infarction at birth. Children with this exposure are easily distracted, passive and face a variety of visual and perceptual problems and difficulties with fine motor skills.
- **Alcohol and Drug use During Pregnancy:** In the US, 20% (about 1 million) of pregnant women smoke cigarettes; another 18% (about 750,000) women drink alcohol during pregnancy; another 6% (225,000) women use an illicit drug at least once while carrying a child to term.

Alcohol, Drugs and Childbirth do not go together. Plain and simple.

On May 11-17, 2014, please join NCADD and our National Network of Affiliates (see SPOTLIGHT: [Rochester Affiliate Raising Awareness About Drinking During Pregnancy](#)).

Help us get the message out. **Together we can prevent birth defects.**

See Also:

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[Use of Alcohol and Other Drugs Among Women](#)

[Alcohol- and Other Drug-Related Birth Defects](#)