



What you drink, baby drinks too.

Legally intoxicated is defined as a Blood Alcohol Level of .08%. **A 100 lb (45 kg) female consuming 5 standard drinks will reach a BAL of .25% - three times the legal limit.** BAL reduces .01% per hour.

A drink equals a 12 oz. regular beer, 1 oz. shot of 100 proof liquor, 1.5 oz. shot of 80 proof liquor, or 4 oz. glass of regular table wine.

The [Statistics Canada, Canadian Community Health Survey, 2000/01](#) found that:

- **6.8% of girls ages 12 to 14**
- **19.8% of girls age 12 to 19**
- **26.0% of girls ages 20 to 24**
- **19.9% of girls ages 20 to 34 consumed 5 or more drinks on each occasion 12 or more times per year**

An additional:

- **32.2% of girls ages 15 to 34**
- **13.8% of girls ages 12 to 14 consumed 5 or more drinks on each occasion 1 to 11 times per year.**

Most girls are 2 to 3 months pregnant before they find out. Given the prime childbearing age range, the odds are very high that **about 20% of babies have been exposed to multiple binges** in high levels of alcohol in the first trimester, before the girl even knew she was pregnant. It is Party Hearty Time. The vast majority of these girls are NOT alcoholics. Maternal prenatal alcohol consumption **even at low levels** is adversely related to child behavior. The effect was observed at average exposure levels as low as 1 drink per week.

The Canadian Paediatric Society states: "Fetal alcohol syndrome (FAS) is a common yet under-recognized condition resulting from maternal consumption of alcohol during pregnancy. While preventable, FAS is also disabling." "Health care providers play an important role in identifying babies or children with FAS. They should become familiar with the screening tools that are available to diagnose the condition in children at various ages." "FAS diagnostic and treatment services require a multidisciplinary approach, involving physicians, psychologists, early childhood educators, teachers, social service professionals, family therapists, nurses and community support circles."

This link shows on Windows Media Player an [ultrasound recording](#) of a fetus responding to alcohol. [Original article.](#)

Even brief exposures to small amounts of alcohol may kill brain cells in a developing fetus. A study carried out by [John Olney, M.D.](#), at the Washington School of Medicine in St. Louis showed that just two drinks consumed during pregnancy may be enough to kill some developing brain cells, leading to permanent brain damage.

About 50% of pregnancies are unplanned. "If you drink, don't have sex. If you have sex, don't drink. Prevent Fetal Alcohol Syndrome"

Alcohol damage to the fetus occurs over a wide continuum. Damage varies due to volume ingested, timing during pregnancy, peak blood alcohol levels, genetics and environmental factors. At the mild end, damage may be the loss of some intellectual functioning (IQ), visual problems and higher than normal pain tolerance. At the severe end, damage may be severe loss of intellectual potential, severe vision problems, dyslexia, serious maxilo-facial deformities, dental abnormalities, heart defects, immune system malfunctioning, behavioral problems, attention deficit disorders, hyper-activity, extreme impulsiveness, poor judgement, little or no retained memory, deafness, little or no capacity for moral judgement or interpersonal empathy, sociopathic behaviour, epilepsy, tremors, cerebral palsy, renal failure, heart failure, death.

FASD is so grossly under-reported that the FASD statistics are almost meaningless. There are very few doctors who have received any training in diagnosing FASD and most prefer to use "non-judgmental" diagnoses such as ADD, ADHD, LD, MR, RAD, ODD, Bi-Polar, Autism, Tourette's, etc.. These "diagnoses" don't imply the mother has done something that could have affected her baby during pregnancy. However, they can also lead to inappropriate treatment and a lifetime of pain.

Failure to properly diagnose and treat FASD leads to development of secondary disabilities, such as mental health problems; "disrupted school experience" (suspension, expulsion, dropping-out); trouble with the law; confinement in prison, drug or alcohol treatment centre or mental institution; inappropriate sexual behaviour; alcohol and drug problems; not able to live independently; and problems with employment.

FASD is not a threshold condition. It is a continuum ranging from mild intellectual and behavioural issues to the extreme that often leads to profound disabilities or premature death.

There is no safe level of alcohol consumption during pregnancy. Fetal Alcohol Spectrum Disorders are 100% preventable. If you are pregnant or planning on becoming pregnant, don't drink any alcohol at all.