



Choices: A Program for Women about Choosing Healthy Behaviors to Avoid Alcohol-Exposed Pregnancies

By Centers for Disease Control and Prevention

Createspace. Paperback. Condition: New. This item is printed on demand. 72 pages. Dimensions: 11.0in. x 8.5in. x 0.2in. Prenatal alcohol exposure is a leading preventable cause of birth defects and developmental disabilities in the United States. Studies from the Centers for Disease Control and Prevention (CDC) find that each year approximately 500,000 pregnant women report they drank alcohol in the past month, and approximately 80,000 pregnant women report binge drinking (five or more drinks on any one occasion). Fetal exposure to alcohol results in a spectrum of adverse effects that has been termed Fetal Alcohol Spectrum Disorders (FASDs), with the brain and central nervous system being particularly sensitive to the effects of alcohol. Alcohol exposure during pregnancy can have profound and life-long consequences for children. Fetal Alcohol Syndrome (FAS) is one of the most involved conditions along the spectrum and affects up to two out of every 1,000 infants born each year in the United States. The estimated lifetime cost of FAS is 2 million per case, with an annual cost for all cases of 4 billion to the nation. Most women reduce alcohol consumption after learning they are pregnant. Others do not recognize they are pregnant in...



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