

Why Pregnancy and Alcohol Don't Go Together

Noah is nine years old and in the second class. He was supposed to be in the third grade this year, but he has had regular difficulties learning in school. His attention span is not what other kids' are, and in fact, he suffers from little mental retardation. Most important, inferior hearing also obstruct his performance at school. And it could all have been cured if his mother had not been drinking -- and drunk heavily -- while pregnant with her child.

There's a reason that doctors inform pregnant women not to drink alcohol through out their pregnancy. There are a lot of known neurological, physical and mental problems that can outcome if you drink alcohol during this period. These disorders all lie in the category known as FASD: "Fetal Alcohol Spectrum Disorders." The better known of these problems are Fetal Alcohol Effects (or "FAE") and Fetal Alcohol Syndrome (or "FAS"). Within the category of Fetal Alcohol Effects are two sub-categories: Alcohol Related Neurodevelopmental Disorder (or "ARND") and Alcohol Related Birth Defects (or "ARBD").

Fetal Alcohol Syndrome is a calamitous situation, since it is totally cureable. FAS causes mental retardation in the child, spoil the appearance in the skeleton and some parts, growthdeficiencies,poor motor skills, problems with the nervous system, understanding problems, insufficiency in the attention span and with speech, hearing and problem-solving. It can also cause death.

FAS also known to cause certain facial features in the baby. Some of these include an upturned or short nose, smaller than normal eyes, thin lips, and flat cheeks. While these characteristics will carry away over time, most of the other mishaps will remain throughout the child's lifetime.

As given, Fetal Alcohol Effects come in two major categories. These are Alcohol Related Neurodevelopmental Disorder and Alcohol Related Birth Defects. The first category (ARND) refers to behavior and mental problems such as poor performance at school, learning abnormalities, insufficient impulse control, memory problems, and problems with perceive and giving heed span. The second category (or ARBD) refers to skeletal malformations, and also deformities in major organs (the kidneys, heart, auditory system, or even the bones).

While related, Fetal Alcohol Effects are not similar from Fetal Alcohol Syndrome. FAE results from a acceptable amount of drinking during the pregnancy. FAS results from an excessive amount of drinking alcohol throughout the pregnancy, including drinking on a daily basis or binge drinking. Regardless of whether it's FAS or FAE, the results are still lifelong, permanent, and tragic. The reason is that it is not safe to drink any alcohol while pregnant--period. However, the more you drink, the more you put your baby at risk.

So how do the mom-to-be keep away Fetal Alcohol Effects and Fetal Alcohol Syndrome? It's quite simple: She must abstain from all alcohol while pregnant. If she does this, there is no chance -- zero -- of having a child with either FAE or FAS.

To find out more about this particular subject, call (800) 666-6327. That's the number for the National Organization on Fetal Alcohol Syndrome, and they would be happy to tell you information.

About the Author

Phillip is the ownerof <http://pregnancyrx.com>, a website full of information on [Child Birth](#) and [Alcohol and Pregnancy](#).

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