



International Foetal Alcohol Syndrome Day

During a woman's nine month pregnancy journey she should abstain from drinking alcohol.

Every year on the 9th of September World International Foetal Alcohol Syndrome (FAS) Day is commemorated at 09:09 a.m. on the ninth day of the ninth month – to bring about awareness to the fact that **women should not consume alcohol while pregnant.**

WHAT IS FOETAL ALCOHOL SYNDROME (FAS):

FAS is the **most common preventable form of mental disability in the world** and occur in **children of mothers who drink alcohol during their pregnancies.**

South Africa has the highest reported cases of FAS in the world. In the West Coast, **64 children per 1000** are affected (**6.42%**), making it one of the **highest in the world.**

Research shows that **9.4% - 12.9% (94-129/1000)** of children in Robertson, Montagu, Bonnievale and Ashton areas are suffering from FAS. Even though FAS is **completely preventable**, **there's no cure for this irreversible lifelong condition.**

WHAT HAPPENS TO YOUR UNBORN BABY WHEN YOU DRINK ALCOHOL :

When alcohol enters the bloodstream of a pregnant woman, it's carried through the placental tissue that separates the baby's blood systems from hers, delivering the alcohol directly to the developing tissues of the foetus.

This means that when a pregnant woman drinks alcohol, so does her unborn baby.

The alcohol is **100% absorbed** by the foetus and causes **devastating damage to the baby's brain.** This **brain damage** later results in **serious behavioural disorders.**

The **harmful effects of alcohol can damage the foetus** at any stage of your pregnancy and isn't isolated to a specific stage of the pregnancy.