



Date: 9th of the 9th 2016

Issue: '9th of the 9th, International F.A.S.D. Awareness Day'

Dalgarno Response: *Let's help prevent Foetal Alcohol Spectrum Disorder.*

["Acceptability, Availability and Accessibility - all increase consumption." Dalgarno Institute.]

This year International FASD Awareness day fall on a Friday – the 9th day of the 9th month. Why the 9th of the 9th? The date reminds us of the imperative first 9 months of life in the womb and the importance of care during this vital time. Here are some facts, often sadly little known facts....

- **Foetal Alcohol Spectrum Disorder (FASD)** is an umbrella term used to describe a range of disabilities and effects that may arise from prenatal alcohol exposure and **it is widely recognized as the most common preventable cause of birth defects and brain damage in children.**
- **FASD is the leading cause of mental retardation in western countries.**¹
- **428 distinct disease conditions that co-occur in people with (FASD),**²
- **FASD has no cure but is 100% preventable!**³

With more and more, young women participating in Australia's 'binge' culture, there is the strong likelihood that the number of babies born with FASD will increase markedly in the ensuing years. **Foetal Alcohol Spectrum Disorder is totally preventable if mothers-to-be do not drink alcohol.** The latest Australian National Health and Medical Research Council (NHMRC) guidelines say that for those who are pregnant or planning a pregnancy, not drinking is the safest option. **However, it is not just a 'women's only' issue.** Commenting on recent research coming out of South Korea, Criminal Lawyer Russell Goldflam stated '[it] shows an embryo can be affected at the time of conception by compromised semen from men who drink excessively'. He also said the research could have profound implications on policy responses to FASD. "Instead of focussing on 'irresponsible women who drink' we need to cast our net more broadly and develop policies in the population overall, including men,"⁴

For a suite of latest data/information on FASD click here <http://www.nofasd.org.au/>

Check out Time to tackle foetal alcohol disorder: expert <http://www.youtube.com/watch?v=KK-XvKkCfcU>

What you can do? Get informed and help us raise both funds and awareness on this important issue. Google '**Isabella's List**' or go to www.dalgarnoinstitute.org.au/isabellas-list and sign up for 'prevention for life'. You can also purchase a *Prevention-for-Life* badge for only \$5. All proceeds go to help raise awareness of FASD.

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1. <http://come-over.to/FAS/FASDfacts.htm>

2. <http://m.medicalxpress.com/news/2016-01-conditions-co-occur-fetal-alcohol-spectrum.html>

3. Ibid 1

4. Criminal lawyer Russell Goldflam <http://mobile.abc.net.au/news/2014-08-01/foetal-alcohol-inquiry-told-men-as-much-to-blame-as-women/5642356>