



Date: 9th of the 9th 2013

ISSUE: '9th of the 9th, Support F.A.S.D. Day'

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

[*"Permissibility, availability and accessibility - all increase consumption."* Dalgarno Institute.]

This Monday is the 9th day of the 9th month and as such has been designated Foetal Alcohol Syndrome (FAS) Day. 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.**
- Most medical personnel aren't aware of FASD. As of 2008, only approximately six medical schools of the more than 125 in the United States offer coursework on Foetal Alcohol Spectrum Disorder. Unfortunately, many practitioners have not been educated on FASD or addiction medicine or trained to screen women for alcohol use disorders or diagnose children or adults with FASD.¹ It is not a lot different in Australia with many medical practitioners unaware or unfamiliar with this range of disorders. Often children with FASD are misdiagnosed as having ADD/ADHD or Asperger Syndrome and consequently parents are not rightly equipped to manage this life long and incurable disorder.
- FASD is the leading cause of mental retardation in western countries.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.

For suite of latest data/information on FASD click here

<http://alcoholreports.blogspot.com.au/2013/08/fasd-news-332013.html>

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. www.nofas.org

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

3. Ibid

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