



REGINA MARIA
REȚEAUA PRIVATĂ DE SĂNĂTATE

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Breweries

The guide for a well-informed mother



despre
alcohol.ro

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Introduction

Hi! Do you want to be a well-informed mommy? Find out all you need to know about the risks the baby can be exposed to if the mother-to-be drinks alcohol during the pregnancy.

Every mother wants the best for her baby and the good care starts during pregnancy. Therefore, you need to rethink your lifestyle, while taking into consideration fetus's development needs.

Specialists recommend excluding habits such as drinking alcohol from the routine, so that you can enjoy a comfortable pregnancy and you give birth to a healthy and cheerful baby.

Discover step by step the best practices for a responsible pregnancy!



Pregnancy and alcohol consumption

What is the impact of alcohol consumption during pregnancy?

Med science didn't established yet the minimum amount of alcohol a mother-to-be can consume without affecting the baby. However, many relevant studies have shown that there is a strong connection between alcohol consumption during pregnancy and babies' defects at birth.

When you drink alcohol during pregnancy, so does your baby. The same amount of alcohol present in your blood is also found in your baby's blood. The alcohol in your blood easily passes through the placenta, getting to your baby through the blood vessels in the umbilical cord.

Although your liver is able to metabolize the alcohol in your blood, your baby's liver will reach full development only at the middle of the pregnancy period. This is why your baby's liver will hardly process the quantity of alcohol in his blood. The baby is thus exposed to a very high quantity of alcohol, causing permanent affection of fetal cells, found in full growth process.



“ When you drink alcohol during pregnancy, so does your baby. ”

Dr. Doina Mihailescu,

Obstetrics and gynecology specialist,
REGINA MARIA
Private Health Network

Alcohol consumption consequences on unborn children

Drinking alcohol during pregnancy may cause many risks:

- **For the mother:** spontaneous abortion, preterm or delayed birth;
- **For the fetus:** Fetal Alcohol Spectrum Disorder (*see page 7*).

This is what happens with alcohol, after swallowing:

1. Once in the mouth, alcohol is absorbed in a small quantity by **mouth lining and esophagus**.
2. After ingestion, alcohol gets to the **stomach**, where it passes to the **blood** through the stomach walls.
3. The quantity which has not been absorbed in the stomach reaches the **small intestine**, where it is transferred into the **blood**.
4. The alcohol is dissolved in the blood, then in the fluid of every **tissue** in the body.
5. The **circulatory system** spreads the blood with alcohol throughout the body, reaching the **placenta**.
6. The placenta absorbs it and transfers it to the **fetus**.

Alcohol consumption consequences on unborn children

Once arrived at the fetal brain, **the alcohol interferes with baby's evolution during pregnancy.**

The baby may suffer of birth defects, such as neurological and behavioral problems. Having brain development affected, the baby can also suffer of congenital anomalies and growth retardation, which cannot be treated. Fortunately, **all these problems can be prevented by not drinking alcohol during pregnancy.**

The fetus can be affected regardless the period of pregnancy in which the future mom drinks alcohol.

Studies show that:

1. In the first three months of pregnancy, high alcohol consumption can damage organs and nervous system development of the fetus.
2. In the next six month, persisting with an irresponsible behavior can cause growth retardation and physical malformations.

The consequences become visible while growing up, e.g:

- walking, coordination and speech difficulties;
- behavioral problems;
- impaired attention and response.



Fetal Alcohol Spectrum Disorders

Fetal Alcohol Spectrum Disorders (FASD) is an umbrella term describing a continuum of permanent birth defects caused by maternal alcohol consumption during pregnancy.

FASD includes the following birth defects:

- Specific facial features;
- Growth retardation;
- Central nervous system damages;
- Cardiac and renal malformations;
- Speech, vision and hearing dysfunctions.

Fetal Alcohol Syndrome (FAS)

Fetal Alcohol Syndrome is the most common syndrome associated with Fetal Alcohol Spectrum Disorders, with an incidence of 0.5-3 per 1000 live births. It has been identified in a number of children born by women addicted to alcohol or who consume it in large quantities.

Which are the FAS symptoms?

- Growth deficiency, before or after birth;
- Facial malformations;
- Attention, orientation and concentration deficiencies.

Is occasional drinking during pregnancy safe for the baby?

If you are pregnant and you are wondering if you can drink alcohol from time to time, the advice you will get may confuse you.

The main issue related to alcohol consumption during pregnancy is that **it hasn't been proven that there is a certain amount of alcohol considered safe for your child.** Moreover, researchers are not fully aware of the potential effects of alcohol at a certain moment of the pregnancy, so as to assert that there is a safe period of time when you can consume alcohol. In addition, any alcohol may have a harmful effect on the fetus.

Also, **it is difficult to predict the impact of alcohol on a specific pregnancy,** as some women may have an increased level of liver enzymes to metabolize alcohol, while others may not. If the mother has low levels of these enzymes, the child will be longer exposed, because the alcohol in the blood will flow in mother's body for a longer period.

As a result of these uncertainties, clinical guidelines and medical associations of obstetrics and gynecology recommend total avoidance of alcohol consumption during pregnancy as the safest choice.



“...recommend total avoidance of alcohol consumption during pregnancy as the safest choice.”

Dr. Oana Zaharia,

Obstetrics and gynecology specialist,
REGINA MARIA
Private Health Network

Tips to protect your child

If you are thinking about getting pregnant or you are already pregnant, then stop drinking alcohol. No amount of alcohol has been proven to be safe. Is it possible to know mothers who have regularly drunk alcohol during pregnancy and apparently they have healthy children. You may have also heard about mothers who drank very little while they were pregnant, but their children have serious health problems.

Each pregnancy is different. Alcohol may have a different effect from a child to another. In order to be completely sure that you will give birth to a healthy child, don't drink alcohol at all, during your pregnancy.

If you have occasionally drunk before knowing you were pregnant, chances are that you have a healthy child. **It is very important to stop consuming alcohol as soon as you suspect you're pregnant.** The earlier in pregnancy you stop drinking alcohol, the better will be for you and your baby. Also, go to regular pregnancy examinations and talk to your doctor about any concerns you may have regarding your wellbeing and your baby's health.



“ If you are thinking about getting pregnant or you are already pregnant, then stop drinking alcohol. ”

Dr. Viorel Narcis Stoica,

Obstetrics and gynecology specialist,
REGINA MARIA
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Notes



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You can find more informations here:

<http://www.desprealcool.ro/alcoolul-si-corpul-tau/sarcina/>

We wish you an easy pregnancy and health to you and your baby!



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