

“Think—Don’t Drink”



Say “NO” to  
all alcohol

especially if pregnant  
or hoping to be pregnant.

And no child will be born  
afflicted with FASD  
and sentenced  
“For the Term of his Natural Life”

**MORE INFORMATION**

The “Australian alcohol guidelines for low-risk Drinking” (Draft October 2007) produced by National Health & Medical Research Council. “Guideline 3—For women who are pregnant, are planning a pregnancy, or are breastfeeding NOT drinking is the safest option”.

*This brochure comes to you  
with the compliments of*



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“For the Term  
of his  
Natural Life”

Life imprisonment?  
Who is he? A murderer? A rapist?  
No! An innocent baby.



*Peter is the victim of*  
**Foetal Alcohol  
Syndrome**

An irreversible life sentence.

Read the true story over the page

**I**T STARTED WITH A PARTY. His mum, Jenny, went for an end-of-year night out on the town to several clubs and bars. She had a cocktail or two, a couple of glasses of red wine with dinner and a few cruisers to keep her going on the dance floor. After all, it was supposed to be a fun night, and you can't have fun without grog, can you?

Days later Jenny consulted her doctor. What they had hoped for—a baby! Her husband was equally excited. “We will have to extend, decorate a nursery, buy a bigger car”. About seven months later, Peter was born.

Like most new mothers, Jenny's first question to the specialist was, “Is the baby okay?” “Um...well...major concerns, but it is too early for an accurate diagnosis.”

Baby did not thrive in the usual way. By the time Peter was about 18 months old the specialist was in no doubt. It was—

### Foetal Alcohol Syndrome.

“Foetal Alcohol Syndrome. What on earth is that? Alcohol? I am not a drinker,” protested Jenny, angry and upset. “Did I catch it from someone? It can't be my fault. I only ever drink at a party.”

And so the specialist explained: “It has been known for over 100 years that drinking alcohol affects the outcome of pregnancy, but Foetal Alcohol Syndrome was first described by a French doctor named Lemoine in 1968 and then by Jones and Smith in America in 1973.

“Every pregnancy is different, but drinking alcohol on one occasion, Jenny, is sufficient to alter the development of the baby's brain causing Foetal Alcohol Syndrome. Foetal Alcohol Effects or partial Foetal Alcohol Syndrome is when babies have a less severe set of alcohol-related abnormalities. All of these conditions

are referred to by the overall term of **Foetal Alcohol Spectrum Disorder (FASD)**.

Jenny was distraught. What was the cure? Surely something could help?

“It is preventable, but not curable. Support programs will help. If it is of any comfort, you are not alone. It is the most common preventable cause of mental retardation in the world and occurs in all ethnic groups and all social classes but is more commonly found in conditions of poverty and disadvantage. There are no reliable worldwide statistics, but estimates show that at least 2 in every 1,000 live births are affected. Professor Elizabeth Elliott of Sydney states that 1 in every 100 babies are affected in some way by alcohol.

“More babies are affected every year with FASD than with Down's Syndrome, Cystic Fibrosis, Spina Bifida and Sudden Infant Death Syndrome combined.

“Alcohol does more damage to the developing foetus than any other substance including illicit drugs.

“You will have many difficulties as Peter grows up. He may have a low IQ, but may be quite affectionate and socially out-going. He will find it hard to work out numbers and handle money, and will never learn to consider the consequences of his actions.

“With poor judgment he will be frustrated and quick to anger and violence. His mental health problems will be of a constant concern. Jenny, your child and every child, needs the very best chance in a tough world and one night's drinking has robbed him of that.”

**SO his mother is to blame! Yes, but society cannot pretend to be clear of any guilt while it maintains that the best way to celebrate or commiserate is to drink alcohol!**

If a pregnant woman drinks alcohol, it enters the maternal circulation, crosses the placenta and enters the circulation of the foetus. In the first 12 weeks of pregnancy, alcohol may cause major abnormalities in facial features, the brain, heart and central nervous system. From the fourth to sixth month there is an increased risk of spontaneous abortion and in the final 12 weeks the major effect is dulled mental abilities and small, underweight babies.



## ABSTINENCE

is the only way to prevent this insidious condition.

This story is based on a real life family situation—only names have been changed. There are, unfortunately, many, many “Peters” or “Petras” in the world.

**Don't let it happen to someone YOU love!**