

## Fetal Alcohol Spectrum Disorders

### Definition

There are many terms used to describe birth defects brought about by an individual's consumption of alcohol during pregnancy. An April 2004 agreement between experts in the field settled on Fetal Alcohol Spectrum Disorder (FASD) as the official term.

*Fetal Alcohol Spectrum Disorder (FASD) is an umbrella term describing the range of effects that can occur in an individual exposed to alcohol prenatally. These effects may include physical, mental, behavioral, and/or learning disabilities with possible lifelong implications. The term FASD is not intended for use as a clinical diagnosis.*



### Common Diagnoses

1. **Fetal Alcohol Syndrome (FAS)** represents the part of the FASD spectrum with the most consequences. People with FAS have central nervous system (CNS) problems, minor facial deformities, and growth problems. They may have problems with learning, memory, attention span, communication, vision, or hearing, or a combination of these problems.
2. **Alcohol-Related Neurodevelopmental Disorder (ARND):** Sometimes causes intellectual disabilities and problems with behavior and learning. Individual with this diagnosis might do poorly in school and have difficulties with math, memory, attention, judgment, and poor impulse control as a result.
3. **Alcohol-Related Birth Defects (ARBD)** encompass problems with the heart, kidneys, bones, or with hearing.
4. **Neurobehavioral Disorder Associated with Prenatal Alcohol Exposure (ND-PAE):** A child or youth with ND-PAE will have problems in three areas: (1) thinking and memory (2) behavior problems, and (3) trouble with day-to-day living.

Find a wealth of information on FASD data, interventions, and resources on the [CDC's FASD page](#).

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