

YOU KNOW THE DANGERS. BUT DO THEY?

Alcohol is the leading cause of preventable birth defects.

It's time to talk to your patients about the risks of
drinking alcohol during pregnancy.



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WHAT PATIENTS NEED TO KNOW:

- Alcohol use while trying to get pregnant is risky.
- There's no safe time to drink during pregnancy.
- Any amount of alcohol during pregnancy is harmful.
- There's no safe type of alcohol to drink during pregnancy.
- FASD is 100 percent preventable.

More information on the dangers of alcohol use
during pregnancy available here:

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KNOWING THE DANGERS OF DRINKING DURING PREGNANCY REQUIRES EDUCATION AND INTERVENTION.

When it comes to drinking during pregnancy, women need to know that alcohol use is dangerous. No amount of alcohol is safe during pregnancy or while a woman is trying to get pregnant. And there's no safe time to drink during pregnancy. Women hear the opinions of friends and family, but they need to hear about the risks from an expert. Health care providers have a greater influence on the health behaviors of pregnant women. It's time to **talk to your patients** about alcohol use and pregnancy—they'll listen to you.

Mixing alcohol with pregnancy can cause permanent disabilities.

Drinking alcohol during pregnancy can cause miscarriage or stillbirth, and it greatly increases the chances of Fetal Alcohol Spectrum Disorder (FASD). Disabilities caused by alcohol use during pregnancy include the following:

- Physical, emotional, and behavioral problems
- Difficulty with learning or memory
- Structural or functional effects on bodily organs
- Higher incidence of attention deficit hyperactivity disorder

Identify risky drinking.

There are questions you can ask and tools you can use to determine the quantity and frequency of your patients' drinking. The American College of Obstetricians and Gynecologists recommends the **T-ACE screening tool**—a test of four questions that can help to identify hazardous or risky drinking.

SCREENING FOR ALCOHOL USE

Ask:

“On average how many days a week do you drink?”
“On those days, what is the typical number of drinks you have?”

T-ACE Questionnaire:

The T-ACE score has a range of 0–5. A total score of 2 or greater indicates a potential risk and may mean that the patient needs further assessment.

TOLERANCE:

How many drinks does it take to make you feel high?
(More than two drinks = 2 points)

ANNOYED:

Have people ANNOYED you by criticizing your drinking?
(Yes = 1 point)

CUT DOWN:

Have you ever felt you ought to CUT DOWN on your drinking?
(Yes = 1 point)

EYE OPENER:

Have you ever had a drink the first thing in the morning to steady your nerves or get rid of a hangover? (Yes = 1 point)

Consider intervention if your patient does the following:

- Drinks while pregnant or trying to become pregnant
- Scores a 2 or higher on the T-ACE screening
- Is not pregnant or trying to become pregnant but consumes more than three drinks on any single day, or more than seven drinks per week



For information on substance abuse addiction resources, visit [HelpIsHereDE.com/Provider](https://www.HelpIsHereDE.com/Provider).