

WHAT IS NOFAS WASHINGTON STATE?

Founded in 2005 as a 501 (C) (3) non-profit affiliate to the National Organization on Fetal Alcohol Syndrome, we are an alliance of families and professionals serving individuals affected by prenatal alcohol exposure, the families and systems that support them through:

- prevention
- education
- intervention
- advocacy

VOLUNTEER RUN, DONATION DRIVEN

100% Volunteer run, NOFAS-WA is non-profit 501 (C) (3) registered in the State of Washington. All funds raised go directly to providing programs in Washington State.

DONATE

Connect with us at www.nofaswa.org/donate to make your tax-deductible donation, or monthly contribution.

Want to volunteer?
Email us at volunteers@nofaswa.org

Book a training on FASDs for your workplace, school or organization by emailing us at training@nofaswa.org

NOFAS WA
PO Box 13182
Mill Creek, WA 98082
(206) 400-7533
www.nofaswa.org

The information contained in this flyer is not intended nor implied to be a substitute for professional medical advice, it is provided for educational purposes only.

Always seek the advice of your physician or other qualified healthcare provider before starting any new treatment or discontinuing an existing treatment. Talk with your healthcare provider about any questions you may have regarding a medical condition.

Nothing contained in this flyer is intended to be used for medical diagnosis or treatment.

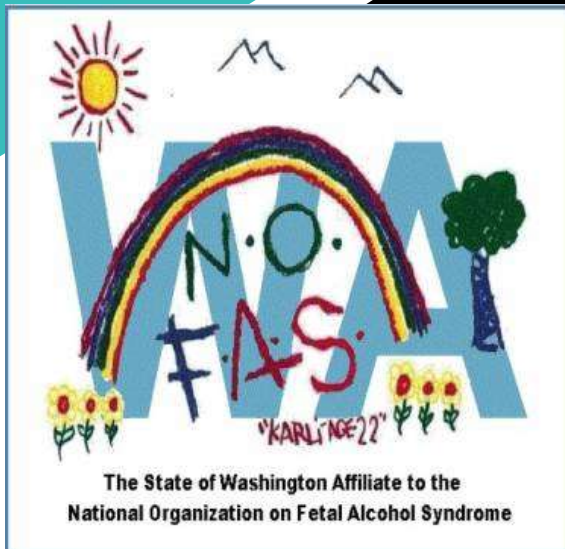
FETAL ALCOHOL SPECTRUM DISORDERS

INFORMATION AND SUPPORT

PUBLISHED BY
NOFAS WASHINGTON STATE

AN AFFILIATE TO THE
NATIONAL ORGANIZATION
ON FETAL ALCOHOL
SYNDROME

WWW.NOFASWA.ORG



WHAT ARE FASD'S?

Fetal Alcohol Spectrum Disorders (FASDs) refer to the whole range of effects that can happen to a person whose mother drank alcohol during pregnancy. These conditions can affect each person in different ways and can range from mild to severe. FASD's may include physical, mental, behavioral, and/or learning disabilities with lifelong implications.

ANY AMOUNT, ANY TYPE, ANY TIME

FASD's can occur with any amount of drinking, with any type or amount of alcohol at any time during pregnancy even prior to a woman realizing she is pregnant. According to the CDC, there is no safe amount, type or time during pregnancy that alcohol use is safe.

FACE FACTS

While there are facial features commonly associated with FASD's, it's important to note that those facial features only appear when mothers drink during a very small timeframe in pregnancy. FASD's can be present with or without the "face of FASD"

NO SHAME

Early diagnosis and intervention is key for people with FASD's. It is crucial that your child's physician is aware of any prenatal exposure to alcohol that may have occurred. Diagnosis and support can only happen if they are aware that FASD's may be a factor.

MORE COMMON THAN YOU THINK

FASD's are the number one preventable birth defect world-wide. Current estimates show that FASD impacts 3-5% of the population with percentages as high as 15% among vulnerable populations.

HOW CAN NOFAS WASHINGTON STATE HELP?

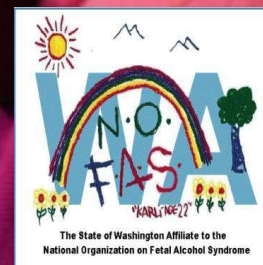
NOFAS-WA offers education, intervention and advocacy to individuals with FASD's and the families, schools and agencies supporting them. We offer support groups, act as a resource for information on FASD's, provide training on FASD's to caregivers and professionals, and are committed to raising awareness for the prevention of FASD's.



Join our support groups
www.nofaswa.org/support

Connect with us on
Facebook @NOFASWA

NOFAS WA
PO Box 13182
Mill Creek, WA 98082
(206) 400-7533
www.nofaswa.org



WHAT ARE SOME COMMON FASD'S?

A PERSON WITH FASD'S MIGHT HAVE

- Small head size
- Shorter-than-average height
- Low body weight
- Poor coordination
- Hyperactive behavior
- Difficulty with attention
- Poor memory
- Difficulty in school (especially with math)
- Learning disabilities
- Speech and language delays
- Intellectual disability or low IQ
- Poor reasoning and judgment skills
- Sleep and sucking problems as a baby
- Vision or hearing problems
- Problems with the heart, kidneys, or bones
- Abnormal facial features, such as a smooth ridge between the nose and upper lip (this ridge is called the philtrum)

Individual's with FASD's may have just some or all of those features listed in addition to others. Check with your doctor about screening for FASD's if you suspect alcohol was a factor in pregnancy.

SUPPORT GROUPS

Our support groups for Parents or Caregivers of individuals living with FASD's meet monthly in cities throughout Washington State. These are a shame free events open to the biological, foster or adoptive families of individuals diagnosed with or suspected of having FASD's. We welcome input from and participation by adults living with FASD. There is no charge to attend.

Connect with our support groups at
www.nofaswa.org/support