

of wine, and 1.5 ounces of liquor. Binge drinking is having 4 or more drinks in one sitting (approximately 2 hours). Research indicates that 1 in 25 pregnant women engages in binge drinking.

No amount of alcohol is safe if you are planning to drive, if you have a drinking problem or if you are on medication, as the alcohol and medication may interact negatively.

### **Women and Alcohol Consumption**

Women have a higher risk when drinking than men. This is because there is less water in women pound for pound. Therefore if the man and woman weigh the same and drink the same drink, women will tend to have a higher blood alcohol concentration. This puts the woman at greater risk for injuries and problems.

There are health risks for women who drink. According to the National Institute on Alcohol Abuse and Alcoholism, women who have one drink per day have a 10% higher risk of developing breast cancer than women who don't drink.

Women who drink are more likely to develop alcoholic hepatitis (liver inflammation) than men who drink the same.

Excessive use of alcohol is common

for survivors of trauma as a way to numb out the feelings or memories of what happened.

You are worth the best you can be, and deserve to be treated like a princess. If you are planning to get pregnant or are pregnant, treat yourself to freedom from alcohol.

### **STATEMENT OF FAITH**

Psalm 147:3—He heals the brokenhearted and binds up their wounds.

### **MISSION**

The mission of Hope Recovery is to provide Christian-based compassion in the lives of trauma survivors by assisting them in recovery, providing support, resources, committed volunteers, and standards of excellence.

### **VISION**

Hope Recovery aspires to work with professional mental health staff to assist in the supportive facilitation of trauma survivors in achieving their recovery goals

**Donations are welcome to keep support services free for trauma survivors.**

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Hope Recovery Inc.

## *Alcohol and Pregnancy*



{ You are Not Alone! }



## Alcohol and Pregnancy

Alcohol is a legal drug, that many people will use in social situations, as well as at home. Women are impacted different from men, as women become intoxicated faster than men. Women absorb more alcohol in the stomach than men, meaning it hits the bloodstream faster.

### Alcohol and Pregnancy

During pregnancy alcohol will go from the mother's blood stream to the baby she is carrying. For women who intend to become pregnant in the near future, abstinence of alcohol ensures prevention of developmental complications for the unborn child. As the unborn child is unable to break down alcohol as mom is, the unborn child will have alcohol in it's system longer than the mom will, and may result in the baby having a high blood alcohol content than mom.

As development begins at conception, the use of alcohol can impair development in the unborn child even in the earliest weeks of pregnancy before a woman knows she is pregnant. According to the Centers for Disease Control, symptoms of this include having a smaller head than other children, small eyes, neurodevelopment problems,

and possible organ defects (such as heart or kidney).

In the United States, the national birth rate is 13 in 1000. The birth of babies with Fetal Alcohol Syndrome (FAS) or related birth defects due to alcohol are one to two in 1000. Some areas have a higher ratio of births. One in one hun-



dred babies have Fetal Alcohol Spectrum Disorder. This is more prevalent than Down Syndrome, Cerebral Palsy, SIDS, Cystic Fibrosis, and Spina Bifida combined.

FASD is entirely preventable if a moth-

er consumes no alcohol at all during her entire pregnancy, including her first trimester. There are other abnormalities that may occur due to alcohol consumption during pregnancy. Alcohol use during pregnancy is the leading preventable cause of birth defects, developmental disabilities and learning disabilities.

### About half of all pregnancies are unplanned.

If you know you are planning for a family, or are in the childbearing years, please don't drink. A study found that approximately 60 percent of woman didn't know they were pregnancy until the fourth week, and 30 percent didn't know until week six.

Consult with your family physician about the best ways to prevent prenatal alcohol exposure. If you drink on a regular basis, don't be afraid to ask for help if you fear you can't quit drinking.

If you are nursing, note that the alcohol can pass through breast milk to your baby.

### What Do I Need to Know?

Moderate drinking is no more than one standard drink per day. A standard drink is 12 ounces of beer, 4-5 ounces