



**It is estimated that
MORE THAN 4%
OF CANADIANS
HAVE FASD
(1 in 25 people)**

Fetal Alcohol Spectrum Disorder (FASD) is a leading cause of neurodevelopmental disorders in Canada.

Fetal Alcohol Spectrum Disorder (FASD) is a diagnostic term that describes the lifelong impacts on the brain and body resulting from prenatal alcohol exposure.

FASD can occur in any community or group where alcohol is consumed, regardless of ethnicity, culture, or socio-economic status.

FASD can lead to challenges in different areas, including:

- motor skills (how the muscles move and work)
- brain structure (how a person's brain is built) and functioning
- cognition (how a person learns, understands, and processes information)
- attention (how a person focuses and stays on task)
- regulation (how a person controls emotions, reacts to stress or different situations)
- adaptive behaviour (how a person handles everyday tasks and social interactions)

Early diagnosis and support can significantly help individuals with FASD develop new skills and strategies.

For more information about FASD and how to get a diagnosis, talk to your healthcare provider.