

When You Decide to Start a Family, Remember...

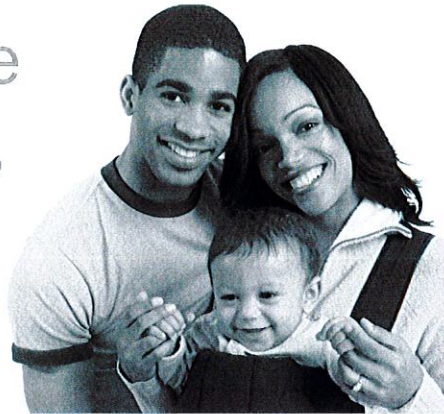
The health of your baby depends on you! Everything you eat, drink and do affects your child, so make good choices:

- Schedule regular check-ups with your health professional
- Get plenty of sleep
- Exercise consistently
- Eat meat, vegetables, fruit, whole grains and low fat dairy products, and
- Avoid any alcoholic beverages

It is never safe to consume alcohol during pregnancy because when it enters your bloodstream, it also enters your baby's blood. So, don't drink:

- Beer
- Wine
- Wine coolers
- Champagne
- Hard liquor
- Mixed drinks

Give your child the best of gifts—a healthy start on life!



Alcohol and Your Baby

- Alcohol is a highly toxic substance that can damage the developing fetus.
- Alcohol passes easily through the placenta into the baby's bloodstream. The baby's blood alcohol level is at minimum equal to the mother's but may exceed it since the fetus cannot break down that alcohol like an adult body does.
- Alcohol puts the baby at risk for fetal alcohol spectrum disorder (FASD).

Fetal alcohol exposure may cause

- Premature birth
- Brain damage
- Birth defects
- Growth restriction
- Developmental delays
- Social, emotional and behavioral defects

FASD is 100% preventable!

Did you know?

FASD affects 1 in every 100 newborns in the US.

In Illinois

- 180,000 women get/are pregnant
- 43% are unintended pregnancies
- 10% are teen pregnancies
- 55.4% of women drink alcohol
- 19.4% women report binge drinking
- 10% (18,000) of pregnant women report alcohol consumption
- 2% (3,600) of pregnant women report binge drinking

The High Cost of FASD in Illinois

Cost per day	▶	\$741,432
Annual cost	▶	\$334,625,810
Annual cost (special education, and juvenile justice)	▶	\$64,002,960
Five year costs	▶	\$1.35 billion

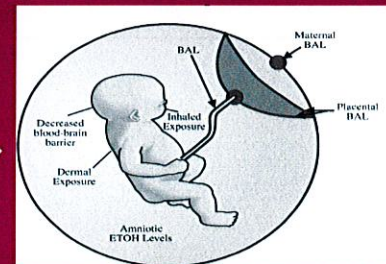
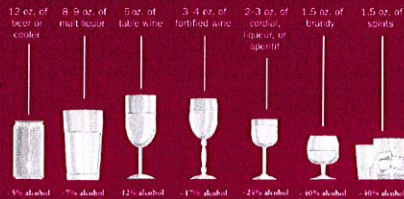


Image credit: Dr. Larry Burd (FAS Center in North Dakota)

Important FAQs

Why can't I drink a little given the new study that says moderate alcohol drinking is considered safe?
Irregularities in research protocol caused many flaws in the study, so its conclusions are at best misleading. Most research indicates that prenatal exposure to alcohol negatively impacts fetal development.

What is a standard drink?



What is the U.S. Surgeon General's advisory on alcohol use during pregnancy?

The Surgeon General and the Centers for Disease Control (CDC) state unequivocally: *There is no safe amount or safe kind of alcohol, and no safe time to drink alcohol during pregnancy.*

What if I didn't know I was pregnant and drank in the early weeks?

Avoid alcohol use for the rest of the pregnancy to minimize any further risk.

What if my physician says it's all right to have a glass of wine every now and then during pregnancy?

While some doctors do, the American Congress of Obstetricians and Gynecologists (ACOG) recommends abstinence from alcohol during pregnancy. Since alcohol is selectively toxic to fetal development, are you willing to play 'Russian Roulette' with your baby's future?

Can I drink while I'm breastfeeding?

Don't drink if you breastfeed. Alcohol passes easily into breast milk, so your child ingests what you drink.

What should I do at parties / weddings / holidays?

Avoid alcohol in any context during pregnancy. Remember: A "pregnant mother never drinks alone"; her baby drinks alcohol with her. Give your child the gift of an alcohol-free pregnancy. He or she will thank you.

Additional Resources

For State of Illinois Information Contact:

NOFAS Illinois

13318 W. Lincoln Highway
New Lenox, IL 60451
815-462-4273 (State Office)
815-463-0689 (Fax)
www.nofasillinois.org
acharate@trinity-services.org

Prevention First

www.prevention.org
800-252-8951

FASTeam

www.fasteam.org
(708) 448-9957

For National Information Contact:

FASD Center for Excellence

www.fasdcenter.samhsa.gov
(866-STOPFAS) (786-7327)

The National Organization on Fetal Alcohol Syndrome

www.nofas.org
1-800-66-NOFAS
March of Dimes
www.modimes.org
1-914-997-4488

Center for Disease Control & Prevention

www.cdc.gov/ncbddd.fas

Facts and Statistics from:

Center for Disease Control and Prevention
Illinois Department of Public Health
National Center on Birth Defects and Developmental Disabilities



The Illinois Affiliate
of the National Organization
on Fetal Alcohol Syndrome

administered by Trinity Services, Inc.

Produced by the members of NOFAS Illinois



*Congratulations
on your upcoming
wedding! We wish you
a long, happy
and healthy life
together.*

**Illinois Marriage
and Dissolution of Marriage Act
(Illinois Public Act 96-1323)**

Cuando Decidas Empezar una Familia, Recuerda...

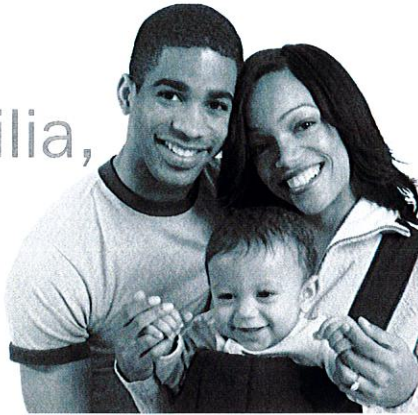
¡La salud de tu bebé depende de tí! Todo lo que comes, bebes y haces afecta el desarrollo de tu hijo/a, así que escoje bien lo que haces:

- Visita regularmente al médico para tu chequeo de salud
- Duerme lo suficiente
- Haz ejercicio regularmente
- Come carne, verduras, fruta, granos integrales y productos lacteos bajos en grasa
- No tomes bebidas alcohólicas.

Consumir el alcohol durante el embarazo siempre es peligroso porque cuando la bebida entra la sangre de la madre, también entra la sangre del bebé. Así que no bebas:

- Cerveza
- Vino de cualquier clase
- Champaña
- Licor
- Bebidas mezcladas con licor.

¡Un comienzo saludable en la vida es el regalo mejor para tu bebé!



El Alcohol y Tu Bebé

- El alcohol es una sustancia muy tóxica que puede hacerle daño a tu bebé mientras está desarrollando.
- El alcohol pasa fácilmente por la placenta, entrando la sangre de tu bebé. El nivel de alcohol en la sangre del bebé es por lo mínimo igual al nivel que existe en la madre. Pero a veces el nivel de alcohol en el cuerpo del bebé excede el de la madre porque no puede metabolizarlo como lo puede el cuerpo adulto.
- El alcohol pone a tu bebé en riesgo de un trastorno fetal (FASD).

Exponer al feto al alcohol puede causar:

- Parto prematuro
- Daño cerebral
- Defectos de nacimiento
- Retrasos en el desarrollo
- Defectos sociales, emocionales e intelectuales
- Problemas de comportamiento.

¡Los defectos fetales causados por el alcohol se pueden prevenir completamente!

¿Sabías Esto?

FASD afecta a 1 en cada 100 recién nacidos en los Estados Unidos.

Cada año en el estado de Illinois

- 180,000 mujeres se embarazan o están embarazadas
- 43% son embarazos no deseados
- 10% son embarazos en la adolescencia
- 55.4% de las mujeres toman bebidas alcohólicas
- 19.4% de las mujeres se emborrachan
- 10% (18,000) de las mujeres embarazadas consumen bebidas alcohólicas
- 2% (3,600) de las mujeres embarazadas se emborrachan.

El Costo Alto de FASD en Illinois

Costo por día	▶	\$741,432
Costo anual	▶	\$334,625,810
Costo anual (educación especial y justicia juvenil)	▶	\$64,002,960
Costo a cabo de cinco años	▶	\$1.35 billon

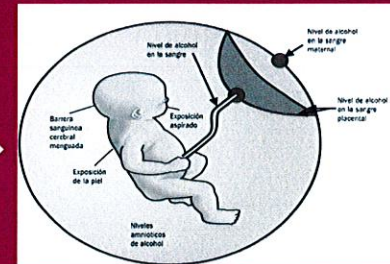


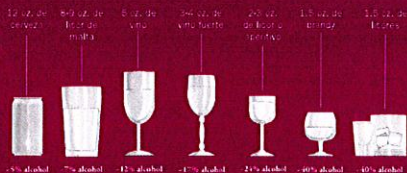
Imagen usado con permiso de Dr. Larry Burd (FAS Center en North Dakota)

Preguntas y Respuestas

¿Por qué no puedo tomarme una bebida de vez en cuando siendo que un estudio nuevo indica que el tomar alcohol en moderación no es peligroso?

Irregularidades en el protocolo de investigación causaron muchas fallas en el estudio, así que sus conclusiones son erróneas. La mayoría de las investigaciones indican que la exposición prenatal al alcohol afecta negativamente el desarrollo del feto.

¿Qué es una bebida normal?



¿Qué es el consejo que da el Cirujano General de los Estados Unidos a las mujeres embarazadas?

El Cirujano General y los Centros para el Control de las Enfermedades dicen enfáticamente que no hay cantidad ni tipo de alcohol que no lleve riesgo para el feto. Tampoco hay un tiempo durante el embarazo en que la mujer pueda tomar bebidas alcohólicas sin el peligro de causar defectos.

¿Qué hago si me doy cuenta que tomé bebidas alcohólicas durante las primeras semanas de embarazo?

Deja de tomar completamente durante el resto del embarazo para reducir al mínimo el riesgo a tu bebé.

¿Qué hago si el médico me dice que no hay riesgo en tomar un vaso de vino de vez en cuando durante el embarazo?

Aunque algunos médicos dan ese consejo, el Congreso de Obstetras y Ginecólogos (ACOG) recomienda no tomar alcohol durante el embarazo. Y siendo que el alcohol puede afectar en cualquier aspecto el desarrollo fetal, ¿quieres correr el riesgo de dañar el futuro de tu hijo/a?

¿Puedo tomar bebidas alcohólicas si estoy amamantando mi bebé?

No tomes si estás amamantando. El alcohol entra el pecho y la leche, así que tu bebé toma el alcohol que has tomado.

Recursos Adicionales

Para información en Illinois, póngase en contacto con:

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New Lenox, IL 60451
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FASTeam

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Para información nacional, póngase en contacto con:

FASD Center for Excellence

www.fasdcenter.samhsa.gov
(866-STOPFAS (786-7327)

The National Organization on Fetal Alcohol Syndrome

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March of Dimes
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Center for Disease Control and Prevention

www.cdc.gov/ncbddd.fas

Datos y estadísticas provistos por:

Center for Disease Control and Prevention
Illinois Department of Public Health
National Center on Birth Defects and Developmental Disabilities



The Illinois Affiliate
of the National Organization
on Fetal Alcohol Syndrome

Administrated by Trinity Services, Inc.

Producido por los miembros del NOFAS Illinois



*Felicitaciones al aproximar
su boda. Le deseamos a los dos
una vida larga, feliz y saludable.*

**Ley para el Matrimonio
y la Disolución de Matrimonio
(Illinois Public Act 96-1323)**



State of Illinois
Illinois Department of Public Health

KNOW THE FACTS ABOUT YOUR SEXUAL HEALTH

As you begin your life together, it is a good time to think about your health and the health of your partner. Seeing your doctor for a checkup is an important first step.

This is the time to assess your risk of disease spread through sexual activity, particularly infection with HIV (human immunodeficiency virus), the virus that causes AIDS, and other sexually transmitted diseases (STDs) such as syphilis, gonorrhea or chlamydia.

Preventing the spread of HIV and STDs requires a personal commitment from each of us. That means learning about the causes of HIV and STDs to prevent their spread. It means recognizing if you have practiced behaviors that put you at risk of HIV infection or STDs. It means deciding what measures you should take to protect your partner. This commitment becomes even more crucial if you're thinking about having children.

Couples who are sexually faithful and have not shared needles to inject drugs are not likely to get HIV or STDs. Remember, however, that many persons who have HIV or STDs because of past activity may not know they are infected. That's why it's important that you and your partner talk frankly about your medical, sexual and social experiences before you get married or enter into a civil union.

This issue is so important, in fact, that Illinois law requires all persons applying for a marriage or civil union license at the county clerk's office receive this brochure.

We urge you to read this information carefully and discuss it with your partner. If you have additional questions, consult your physician or local health department. Or, you may call the Illinois Department of Public Health's HIV/AIDS & STD hotline, 1-800-243-2437.

Take the time now to think about these important issues.

WHAT IS HIV?

HIV (human immunodeficiency virus) is the virus that causes AIDS (acquired immunodeficiency syndrome). HIV weakens the body's immune system and reduces its ability to fight off infections and disease. If you are infected with HIV, your immune system is unable to defend against some types of cancers and other illnesses. There are treatments and drugs available that may delay the onset of AIDS and protect an HIV-infected person from developing some life-threatening conditions, but there is no cure for AIDS. In Illinois, more than 53 percent of the persons with AIDS have died.

HOW DOES SOMEONE GET HIV?

Both men and women can become infected with HIV, and infect someone else, in several ways:

- Having sexual intercourse with someone infected with HIV. HIV is found in the semen, blood and vaginal secretions of infected persons and can be passed during unprotected sexual intercourse — anal, vaginal or oral.
- Sharing needles or syringes to inject drugs with someone who has HIV. Some persons share needles to inject or "shoot up" illegal drugs. In doing so, they also share small amounts of blood. If that blood is infected with HIV, the next users of the syringe may inject the virus directly into their bloodstream.
- From an HIV-infected mother to her child either before or during birth. An HIV-infected man can pass the virus to his partner and they can pass it to their unborn baby. Or a woman who is HIV infected can give it to both her partner and her baby. The baby can become infected with HIV before birth, during birth or while breastfeeding. If a woman has shared intravenous needles or has had sex with a partner whose sexual history is unknown, she should see a doctor or other health professional before becoming pregnant.

**Illinois
Department of
Public Health**

- *Receiving a blood transfusion or blood products infected with HIV.* Today, there is little chance of getting HIV this way because, since 1985, donated blood and blood products have been carefully screened for HIV. However, persons who received a blood transfusion between 1977 and 1985 may unknowingly have received contaminated blood.

AM I AT RISK?

HIV is spread through certain high-risk behaviors. Those at greatest risk are—

- Men who have sex with other men
- Persons who have more than one sex partner or who don't know their partner's sexual history
- Persons who share needles or syringes to inject drugs
- Sex partners of persons who practice or have practiced the above behaviors.

If you're one of these persons, you may have HIV and not know it. You can appear healthy and still spread HIV to your partner and your unborn children.

SHOULD I GET AN HIV TEST?

In Illinois, neither a blood test nor a medical examination is required to obtain a marriage or a civil union license. However, if you think you are at risk of HIV infection, don't take chances. Be tested to see if you have HIV. This test can be performed by a licensed physician or at a state funded HIV antibody counseling and testing centers. At these centers, counseling and testing are provided anonymously and free of charge. For the location of the center nearest you, or for additional information about HIV/AIDS or STDs, call the Illinois Department of Public Health's toll-free hotline, 1-800-243-2437.

WHAT IF I TEST POSITIVE FOR HIV?

A confirmed positive test means you have been infected with HIV. Being infected means the virus is in your body for the rest of your life. Therefore, you can infect others if you engage in behaviors that can transmit HIV. HIV weakens your body's immune system. This means that HIV infection can make your body more vulnerable to other illnesses and infections. Without treatment, most persons with HIV infection will develop AIDS but, with treatment, the HIV infection may be slowed and the onset of AIDS may be delayed. A person who tests positive can still get married or enter into a civil union, but must take care to prevent infecting his or her partner. The decision to go ahead with marriage or civil union is for you and your partner to make, as well as the very important decision to consult health care professionals, clergy, counselors and others.

HOW CAN I AVOID GETTING HIV?

The best way to prevent HIV is to maintain a mutually faithful sexual relationship with an uninfected partner and to not share needles to inject drugs. The proper use of condoms — ones made of latex, not lambskin — though not completely safe, can greatly reduce the risk of acquiring or spreading HIV through sex.

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SEXUALLY TRANSMITTED DISEASES

In addition to getting the facts about HIV and AIDS, people getting married or entering into a civil union should know about other sexually transmitted diseases, or STDs. Upwards of 19 million cases of STDs are diagnosed every year in the United States. Persons of any race, religion or social, marital or economic status can get an STD.

There are many STDs. Some of the most common are syphilis, gonorrhea (“clap”), hepatitis B, chlamydia, herpes and genital warts.

HOW ARE STDs SPREAD?

All STDs can be passed through sexual intercourse and some can be transmitted through other forms of close body contact. Some STDs also can be passed from a pregnant woman to her baby. A person can have an STD without any signs or symptoms. Even if symptoms go away, the infection remains and can be passed on until it’s treated. Symptoms of these diseases include sores or blisters in the genitals, mouth or anus areas; rashes; or discharges from the genitals or anus. If you have direct contact with these infectious areas, such as through sexual intercourse, you can become infected.

HOW CAN I REDUCE THE RISK OF GETTING AN STD?

The risk of STD infection increases dramatically with the number of sex partners. Having sexual contact with only one person, who also is sexually faithful, greatly reduces the chances of becoming infected. Avoid having sex if you see sores, rashes or discharges from the genitals. Ask your partner about them. Using a condom — one made of latex, not lambskin — is one of the best preventive measures against STDs.

HOW ARE STDs TREATED?

Some STDs, such as gonorrhea, chlamydia and syphilis, can be cured with medicine and proper medical care. Others, such as hepatitis, herpes and genital warts, are difficult to cure. STDs don’t just go away and they can damage your body.

WHAT SHOULD I DO IF I THINK I MIGHT HAVE AN STD?

If you suspect you may have an STD, immediately consult your doctor or local health department or call the Illinois Department of Public Health’s toll-free HIV/AIDS & STD hotline at 1-800-243-2437 or TTY (for hearing impaired use only) 1-800-782-0423. Your call will be kept confidential.

Illinois Department of Public Health

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Springfield, IL 62761

122 S. Michigan Ave.
Chicago, IL 60603