

# Isn't He A Little Young To Start?



Women who drink the equivalent of three ounces of pure alcohol each day - six average mixed drinks or six cans of beer - frequently give birth to babies with **FAS**. Two to five drinks daily can also damage a fetus.

Fetal alcohol syndrome (**FAS**) is a combination of physical and mental birth defects that may develop from alcohol use during pregnancy. **FAS** is one of the most common known causes of birth defects. It is preventable. If you have any questions concerning **FAS**, talk to your doctor, health aide or The March of Dimes at 279-2622.

**THINK • BEFORE • YOU • DRINK**

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