

# Manalapan - Englishtown

## COMMUNITY ALLIANCE TO PREVENT ALCOHOLISM AND DRUG ABUSE

120 Route 522 • Manalapan, NJ 07726 • 732-446-8345 • Fax 732-446-1576

Website: [www.mtnj.org](http://www.mtnj.org)



### ***May 8<sup>th</sup> to May 14<sup>th</sup> is NATIONAL ALCOHOL AND OTHER DRUG-RELATED BIRTH DEFECTS AWARENESS WEEK***

Many mothers cause destruction to their children during pregnancy by smoking cigarettes, drinking alcohol, or using an illicit drug. This type of behavior can lead to many defects and disorders including Fetal Alcohol Syndrome among other diseases. These children may have intellectual challenges, behavioral problems, and a change in facial features. It is important to raise awareness to these disastrous consequences.

What is Fetal Alcohol Syndrome (FAS)?

- **It is caused by heavy drinking during pregnancy**
- **It is the leading cause of mental retardation**
- **Children with the syndrome often have difficulties with learning, attention, memory, and problem solving**
- **They also often have problems with a lack of coordination, impulsiveness, and speech and hearing impairments**
- **After puberty physical defects can become less prominent, but behavioral, emotional, and social problems can be strengthened**

Other Risks and Consequences:

- **When a child is born with FAS, the chances of their child developing the syndrome is 70%**
- **Pregnant women who consume 1 – 2 drinks a day are twice as likely as nondrinkers to have a child weighing 5.5 lbs or less**
- **Smoking cigarettes during pregnancy can lead to low birth weight, preterm birth, and infant morbidity and mortality among other effects**
- **Cocaine users has been associated with low birth rate, abnormal neonatal behavior, and cerebral infarction at birth**
- **Caffeine intake during pregnancy may lead to fetal loss**

For more information contact the Manalapan Township Health Department:

**Hours:**

Monday-Friday, 8:30 a.m. – 4:30 p.m.

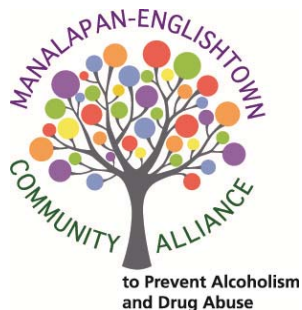
**Location:**

Manalapan Town Hall

120 Route 522 & Taylors Mills Road, Manalapan, NJ 07726

**Phone:** (732) 446-8345

**Fax:** (732) 446-1576



*Our mission is to meet the need for comprehensive alcohol and drug abuse awareness planning and programming to create community-level change in Manalapan Township and Englishtown Borough.*