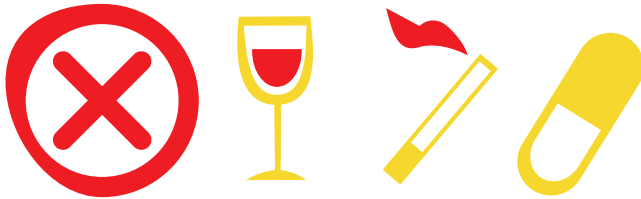


DO YOU WANT TO HAVE A HEALTHY BABY?



Avoid alcohol and other drugs during pregnancy. Everything a pregnant woman eats or drinks is passed to the fetus through the placenta, so if you ingest alcohol or take drugs, they can reach the fetus, causing possible physical or mental damage.



1. FETAL ALCOHOL SYNDROME

Fetal Alcohol Syndrome includes all those physical, mental and growth problems that a baby may have as a result of the mother drinking alcohol during pregnancy. This syndrome lasts a lifetime, there is no cure, but treatment can help both children and their parents.

Babies with this syndrome are usually born with:

- Low birth weight
- Growth problems that may continue even after birth
- Increased risk of intellectual disability
- Facial and heart defects
- Damage to nerves and bones

Also, babies may have problems during their growth and development, such as

- Movement difficulties
- Learning problems
- Behavioral problems such as hyperactivity, inattention, and aggressiveness

Other consequences of drinking alcohol during pregnancy are:

- Abortions
- Stillborn babies
- Death during the first year of life
- Affects the production of breast milk, leading to other complications in infant development

2. USE OF OTHER DRUGS

The use of other drugs during pregnancy affects the oxygen and nutrients that the baby receives, which can cause:

- Abortion
- Low birth weight babies
- Cerebral palsy
- Intellectual disability
- Vision and hearing problems
- Urinary tract defects
- Poor speech, head, and brain development
- Irritability, insensitivity, excessive crying, and others common symptoms in adults who break addiction
- Problems in the baby's emotional development
- Respiratory and heart problems
- Increased risk of Sudden Infant Death Syndrome (SIDS)

The effects of alcohol and other drug use during pregnancy are lifelong, there is no cure, but treatment can help. Treatment is recommended according to your child's needs.

For your health and the health of your baby, do not take any kind of drugs during pregnancy, no amount is safe.



For more information, please call the Clinical Management Unit at **787-706-2552** or commercialclinicalmanagement@ssspr.com.



BlueCross BlueShield of Puerto Rico



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