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Alcohol in pregnancy - a sign of risk culture

Alkohol w ciąży - przejaw kultury ryzyka

Summary

The child in the uterus of the mother is developing and grows very dynamically, therefore is more susceptible to adverse reactions of healing, chemical substances than the adult man.

Portraying the consequence of drinking alcohol by expectant mothers is a purpose of the work and the need to take action against this phenomenon.

The kind and the scale of defects and disorders drinking alcohol causes which during pregnancy depend on the period of pregnancy, in which the foetus was in contact with a teratogens. Absorbing harmful substances for the foetus being deliberate, deliberate or unaware negligence it is determined as prenatal maltreating and should firmly be exhibited in order to heighten the fact in the society harmful their influences on the child. Consequences of the influence of alcohol eaten by pregnant women are a multilevel problem, concern the individual, the family and the society, are connected with a need to provide the child with the specialist medical care then pedagogic, of organising centres and the assistance of families and finding place in the society for the child with FAS but next obtaining the acceptance of surroundings for often of the different appearance and keeping the child with the fetal alcohol syndrome.

Key words: alcohol, FAS, prevention

Streszczenie

Dziecko w łonie matki rozwija się i rośnie bardzo dynamicznie, w związku z tym jest bardziej podatne na niepożądane działanie substancji leczniczych, chemicznych niż dorosły człowiek.

Celem pracy jest ukazanie konsekwencji picia alkoholu przez kobiety ciężarne oraz konieczność podejmowania działań przeciwko temu zjawisku.

Rodzaj oraz skala defektów i zaburzeń, jakie powoduje spożywanie alkoholu w czasie ciąży zależą od okresu ciąży, w którym płód miał kontakt z teratogenem. Przyjmowanie substancji szkodliwych dla płodu będące świadomym, rozmyślnym bądź nieświadomym zaniedbaniem określane jest jako maltretowanie prenatalne i powinno być mocno eksponowane aby spotęgować w społeczeństwie fakt szkodliwego ich oddziaływania na dziecko.

Konsekwencje wpływu alkoholu spożywanego przez kobiety w ciąży są problemem wielopłaszczyznowym, dotyczą jednostki, rodziny i społeczeństwa, wiążą się z koniecznością objęcia dziecka specjalistyczną opieką medyczną potem pedagogiczną, zorganizowania środków i pomocy rodzinom oraz znalezienia miejsce w społeczeństwie dla dziecka z FAS a następnie pozyskania akceptacji otoczenia dla często odmiennego wyglądu i zachowania dziecka z płodowym zespołem alkoholowym.

Słowa kluczowe: alkohol, FAS, zapobieganie

Introduction

Modernity, with sentence Anthony Giddens, it culture of the risk (Giddens, 2001). The fact that the threat is omnipresent is a feature of the modern society and constitutes the element of the organization of the social life. With one of taken action both on the level of individuals, as well as the community there is an aspiration to the elimination of the risk which is an effect of the social development. The economic development and the production are authors of many new threats and the development of the learning is contributing to identify both defining another occurrences and factors being able to threaten people (Taranowicz, 2010).

High rate of speed of the life, high requirements put in the private life and professional as well as tensions accompanying it and the emotional lability cause, that people more and more often become helpless, frustrated, are having difficulty in approval of oneself and surrounding reality. Drinking for different ways mitigating manifestations of the omnipresent stress in it also causes it, which in the popular view applied in small amounts he isn't triggering negative consequences for the health and the life of the man and straight out is loosening and distance towards the life is facilitating.

A motherhood is a period in the life of the woman requiring the adequate preparation which should begin along with the coming into existence of the thought, of it with appearance of desire for becoming a mother. It consists not only on the psychological attitude towards the procreation or choosing an optimum time for the conception, for beginning the prevention of defects of nervous system but also on ceasing be for restriction of the use of substances what can however be a great problem for a mother-to-be.

The child in the womb of the mother is developing and grows very dynamically, therefore is more susceptible to adverse reactions of healing, chemical substances than the adult man.

The bearing fully is letting alcohol in to bloodstream of child and after 40-60 minutes his level in the blood of the foetus is the same like in the blood of the mother. The developing child intrauterine doesn't have a liver still fully made out therefore longer is exposed to the toxic effect of alcohol (Solomon, 2008). Numerous consequences of eating alcohol by expectant mothers are well-known from the Team of the Alcoholic Foetus (of Vats - Fetal Alcohol Syndrome) starting, through his less expressive FAE change (Fetal Alcohol Effect), natal defects associated with alcohol (ARBD - Alcohol Related Birth Defects), neurodevelopmental disorders associated with alcohol (Arnd - Alcohol Related Neurodevelopmental Disorder) (Hankin, 2002), increase in the risk of the appearance of cryptorchidism at foeti of the male sex (Damgaard et al. 2007) and within the uterine of dying of the foetus (Kesmodel et al. 2002). The degree of the influence of alcohol on the foetus is still controversial and for existing of the safe dose of alcohol, with which it is possible to eat the lack of evidence pregnant without the consequence of the appearance of an inborn defects at the child (American Academy of Pediatrics Committee he Substance Abuse, Committee he Children with Disabilities, 1993) although not there is an ambiguous ban on eating the ethanol by pregnant women, e.g. in all countries Great Britain (Royal College of Obstetricians and Gynaecologists, 2006).

Purpose of the work

Portraying the consequence of drinking alcohol by expectant mothers is a purpose of the work and the need to take action against this phenomenon.

Discussion

The kind and the scale of defects and disorders drinking alcohol causes which during pregnancy depend on the period of pregnancy, in which the foetus was in contact with a teratogen. They generally recognize, that (Hryniewicz, 2007a):

- in the first term, when the stage of the formation of essential organs and organs of the child is ending, drinking alcohol can lead brain, heart, kidneys, eyes, ears to damage and cause long-lasting deformations of the face of the child,
- in the Lent term much is weakening alcohol development of the brain, is injuring muscles and the skin, as well as glands and bones among others,
- in the Trinity term of pregnancy drunk alcohol is disturbing
- development of the brain and lungs, a development is delaying scales of the foetus, and also to cause the premature childbirth perhaps.

Apart from the toxic effect of the ethanol the deficiency of zinc which essential is accompanying the dipsomania is also causing the fetal alcohol syndrome at children. Zinc is an element of current enzyme in the bearing and the liver which alcohol is metabolizing and in this way his permeation prevents to the blood of the foetus. At expectant mothers with a low concentration of zinc in serum, the transport of alcohol through the bearing is surrendering considerable, over seventh for increasing. Date the fetal alcohol syndrome for the first time was described in the USA by two American K.L. doctors of Jones and D.W. Smitha in 1973. He determines the team of disorders monitored at children which mothers ate alcohol in the time is heavy.

Jones and his partners defined three main categories of irregularities met at children with the fetal alcohol syndrome (Ase, 1997):

- slowing down the development physical, expressed through the length and the body weight and the size of the head, in the period before - and postnatal;
- impairment of intellectual and public functioning and disturbing the motor coordination;
- team of closely determined small anomalies of the face along with more changeable structural abnormalities of limbs and the heart.

Into the similar manner anomaly by the mother a French paediatrician included consumptions health, being a result of alcohol in the period of pregnancy Lemoine Paul. He paid special attention on (Zańska, 2009):

- low natal weight;
- psychomotor disturbance (oversensitivity, oversensitivity, excitability, slurred speech, remarks, school problems);
- peculiar appearance of the face (low forehead, small sunken and a turned-up nose, upper lip smoothed out, mandible moved back, deformed ears);
- inborn defects (cleft palate, heart defects and of viscuses, microcephaly).

In our times the fetal alcohol syndrome is being diagnosed based on four criteria (Hryniewicz, 2007b):

- substantiated eating alcohol by the mother;
- of the growth inhibition, the body weight and the size of the head in the period before - or/and post-natal (the height or/and the weight below 10 of percentile);
- malformation of the central nervous system, manifesting itself with disorders of physical functions (birth defects of the skull or the brain), intellectual (delaying the development, the mental handicap) and social (dysfunctional behaviours);
- the riot of characteristic features of the face, that is the brachygnathia, short palpebral slits (effect of opened eyes), hypertelorism, short-sightedness, squint, thin upper lip, short, a turned-up nose, low-set ears, extended and flattened blade of the face around made shallow with nasal small gutter and deformation of the structure of limbs and defects in the viscera.

Meeting all four criteria is conditioning recognizing the full-blown fetal alcohol syndrome. When identified changes are poorer, both under the quality, as well as quantitative account, we are talking about damage to the foetus caused by alcohol be about after alcoholic disorders of the nervous system (Hryniewicz, 2007b).

Defects being characteristic of children with the fetal alcohol syndrome are pointing explicitly, how very much this disease is a grave disorder. Unfortunately very often it is not-noticed or erroneously recognised. Of reasons it is a lot of, to main to rank a lack of the sufficient knowledge of specialists is included as for appearing, of manifestations and manners of intervention, problem of recognizing distinctive features of the appearance because of their disappearing along with the age of the child.

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Children from Vats are growing up but in many spheres aren't reaching maturity. Seemingly they don't differ from other children, because it isn't possible at once to notice damage to the brain caused by alcohol, as well as actually to diagnose correct reasons for the behaviour, of problems he is contending with which.

The effect of alcohol permanently is disadvantaging whole of functioning of the child in the physical, psychological and social sphere in every period of his life. Many children are experiencing the serious behavioural disorder and public functioning which they last the entire life (Jadczak-Szumilo, 2008):

1. from birth to 3 of year of age:

- sometimes unite abstinence,
- sleeping disorder,
- displaying the nervousness oneself with fitful sleep, market with the light sleep or oversensitivity to stimuli,
- the lack or trouble with the suction, in the process trouble feeding,
- postnatal impairment of the height,
- weepiness,
- oversensitivity to sound and the light,
- disorder of the development of reactions,
- allergies and falling ill with frequent infections,

- activity of axis HPA,
 - associated with - of disturbing the attachment both with family circumstances, as well as poor equipping the child, e.g. are lacking reflex of the suction, disturbing feeling, changed tone of the crying what can influence behaviours of the carer,
2. pre-school children from 3 to 6 of year of age:
- the disorder of the development of language: the backwardness of the speech or other problems of the type of the speech defect, the limited vocabulary and the impossibility of remembering notions,
 - the disorder associated with the development sensor: oversensitivity to stimuli and/or unfeeling
 - hyperactivity,
 - trouble feeling distance,
 - consequences of disorders of the attachment, e.g. are lacking of diversifying strangers than one's,
 - of disturbing feeling appetite,
 - the disorder associated with the height and the body weight,
 - trouble with the tolerance of foods,
3. More youthful school age from 7 to 13 of year of age:
- postnatal impairment of the height - underweight, short height,
 - problems with the adaptation in the peer group,
 - problems with the memory,
 - trouble learning reading and writing,
 - problems with mathematics: with understanding number, space, time, value of money,
 - emotional lability,
 - trouble understanding social situations,
 - weaker learning through experience,
 - trouble with the abstract thinking and understanding notions,
4. adolescence from 13 to 18 of year of age:
- watching each other disappearance dysmorphia and with time exaggerated increase in the body weight,
 - trouble understanding the context of a situation social,
 - lacking distance,
 - the problem in approval of peers,
 - often secondary behavioural disorder,
 - the disorder of the development of executive functions, so as: planning, decision making, prediction, organization of the own time,
5. maturity:
- changes in the appearance can be visible but not necessarily,
 - mental retardation,
 - autonomy limited by - of disturbing in executive functions and in the process,
 - the disorder of social relations,
 - they can to appear conflicts with law,
 - problems with the work and the independent maintenance oneself,

- the disorder associated with the identity,
- mental illnesses,
- problems associated with abusing psychedelic substances.

B. Sarnacka is pointing on very relevant problem undoubtedly a non-acceptance of these children is which through the peer group. They aren't ripening equally with peers, what are losing friends by and are staying alone. To lead it perhaps to grave disorders so as: the increase in anxiety, aggressive behaviours, withdrawal, avoiding, shutting itself away in oneself, habitual lying, absconding from the house, interrupt of the school learning, tendency to self-addictions, mental illnesses, depression or self-mutilations (Sarnacka, 2009). Features in the more late lifespan can not be dysmorphia already this way distinct like after being born of child, however what will be accompanied them through the entire life it is OUN damage which manifests itself mainly in the behavioural disorder so as: above the activity, the impulsiveness, the weak ability of the judgement, weak organizational abilities, problems in recognizing principles and following them, problems with the adaptation, with self-control, easiness of falling into depressive states, as well as in problems with the learning, of which a poor memory constitutes the cause, trouble thinking, especially abstract, deficit of the attention, delay developmental, as well as inability of the processing of information. The intellectual level of these children doesn't usually diverge from the norm, however have a serious problem very much with the learning and with functioning at school. On this base teachers often unfairly assess such children assigning the laziness and not-putting to them oneself for the research. They have trouble with an accumulation, with the processing of information, require the hint and the supervision other.

In the more late period they aren't able to hold of work, to establish the relation with other people or to persevere in the constant relationship.

The literature on the subject is announcing, that women largely are conscious for need to cease drinking alcohol being of pregnant threats resulting from the reason for developing oneself inside pubic of child (Alvik et al. 2006), however for them it often comes with the great difficulty. W. Szycha, M. Skoczylas, T. Laudański checked the writing concerning the harmfulness of eating alcohol and the smoking by pregnant women from which it results that a diversified percentage of expectant mothers drinking alcohol amongst chosen populations exists (Szycha et al. 2008).

Findings of the author of this study which with the diagnostic survey in 2009-2010 years tried to answer a question are also confirming it - is planning procreative decisions by Europeans involving ceasing taking substances by them during pregnancy? Women participating in the quoted examination largely, during pregnancy didn't administer substances or psychedelic centres. However a fact is alarming, that 29.8% of respondents, in spite of pregnancy and the need to tie the greater attention to prohealth a lifestyle, the saw alcohol or the coffee, it smoked cigarettes, took drugs or other medicines. The pregnant percentage of expectant mothers eating the ethanol and smoking cigarettes was largest amongst respondents from Netherlands, Belgium, Poland, Ireland and Portugal (Lesińska-Sawicka, 2011).

In spite of the awareness of the society about the harmful influence of alcohol on the developing intrauterine child, media more and more often inform about women to which

they gave birth, being under the influence of alcohol. It shows explicitly that despite everything the knowledge of women about the pregnant harmfulness of alcohol is still insufficient and often confines himself to the fallacious belief that only a large dose harms. Those the belief can cause the lack of the social reaction to fact of drinking the drink of alcohol by the woman, tolerating such behaviours, underestimating also of effects. So it seems that appropriate action isn't going hand in hand with the declared knowledge.

It is believed that with the fetal alcohol syndrome annually he is born from a few to a dozen or so thousand children. Such a high indicator is a result of the lack of the awareness not only amongst women, but also doctors, that alcohol permanently is damaging the foetus.

He results from data of the State Agency of solving drink problems, that almost two thirds there were no being pregnant women informed by one's doctor of effects of drinking alcohol, and only what fifth heard such a warning. Doctors recommended drinking alcohol of women during pregnancy of the 2% examined. He is a main cause of such a state (Announcement from examinations, 2005):

- weak awareness of the medical environment about the link between alcohol and birth defects of the foetus;
- making an incorrect diagnosis;
- is lacking the appropriate method, of perfect research tool which due diagnosing the fetal alcohol syndrome would enable.

Diagnostics of this disease in Poland only is developing. To this subject family doctors, gynaecologists, obstetricians, a district nurse, as well as psychologists, teachers as well as psychotherapists should have a basic knowledge at their disposal above all, because above all parents and carers of children are turning to it is them for the help with the alcoholic foetal team.

All action, ways and programs of preventing the foetal foetal team above all should aim eliminating or limiting drinking alcohol amongst mother-to-bes by spreading the knowledge among them about the pregnant harmfulness of drinking alcohol.

Eating alcohol by pregnant women is a form so far the most spread of paying attention to the problem World Day of Vats get around worldwide on 9 September. In Poland for the first time he was concerned in 2004. This day is supposed to emphasize the healthier lifestyle and to publicize and to propagate the abstinence amongst pregnant women, as well as to sensitize them to good deeds of them unborn still children. Also making aware the scale of the problem is a purpose of the celebration not only for being pregnant women but also for society as a whole. From the year for the year he is arriving public action taken for persons from FASD, e.g. actions "Pregnancy without alcohol" in 2007ro to, "zero pregnant alcohol" - 2010, "pregnant I am not drinking alcohol" - 2011 (Klecka, 2009).

In Poland they are dealing with issues of the fetal alcohol syndrome among others State Agency of solving drink problems - through the prevention and the education, affiliating the Substitute Parenthood Silesian Branch in Ledziny and the Foundation "give the chance" in Toruń - conducting therapy for families and persons with the alcoholic foetal team and Institute of the Mother and the Child - the research activity and the Centre of the child's health - information activity.

Summation

Absorbing harmful substances for the foetus being deliberate, deliberate or unaware negligence is determined as prenatal maltreating (Soriano, 2002) and should firmly be exhibited in order to heighten the fact in the society harmful their influences on the child.

Consequences of the influence of alcohol eaten by pregnant women are a multilevel problem, concern the individual, the family and the society, are connected with a need to provide the child with the specialist medical care then pedagogic, of organising centres and the assistance of families and finding place in the society for the child from Vats but next obtaining the acceptance of surroundings for often of the different appearance and keeping the child with the fetal alcohol syndrome.

So it is necessary in order to emphasize the non-acceptance strongly for alcohol, even in, pregnant small amounts, to highlight the abstinence and benefits from it swimming for the child, mothers. Into raising the level of the social message about Vats all persons should join in, not only a medical staff, educators the health or teachers. A society as a whole should be sensitized to the problem of drinking alcohol by expectant mothers.

It would be worthwhile thinking above increasing influences on women being pregnant and planning pregnancies and them closest in order to phenomenon of substances, in it also and to eliminate bargain pregnant eating alcohol to the minimum.

The perinatal period seems with good time for women, their partners and families to the fight against addictions and avoiding risky behaviours.

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