

Taking Folic Acid during child bearing years is easy and important!!

Types of Neural Tube Defects

Spina bifida is the most common NTD. It occurs when the spinal column (backbone) fails to close completely during early development. The nerves of the spinal column can be exposed and open to possible damage. This birth defect may result in:

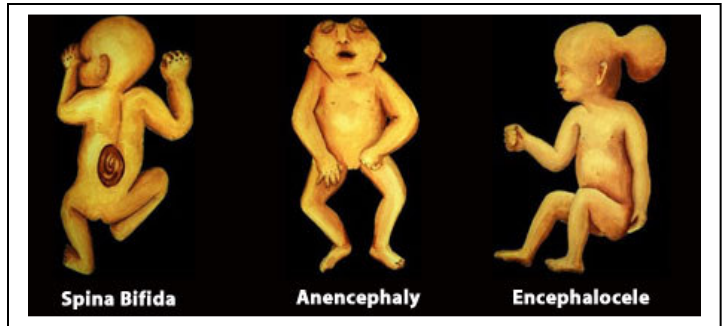
- leg paralysis, bladder and bowel problems

Anencephaly is when the brain and skull of the baby do not form properly.

- this birth defect will always result in the death of the baby

Encephalocele is an opening in the skull that allows some of the brain to be outside the skull, covered only with a thin sac or tissue. This birth defect can result in:

- mental disabilities for the baby
- death of the baby



- About 95% of children with Neural Tube Defects are born to couples with no family history of these defects.
- The development of the neural tube that becomes the baby's brain and spinal cord happens in the first 28 days of pregnancy, a time when many women do not even know they are pregnant.

All women of childbearing age, whether they are teenagers or adult women in their forties, need 400 micrograms of folic acid every day for good health. Folate is needed for new and developing cells no matter your age. You are continually making new cells like skin, blood, hair, gut and other cells.

Up to 70 percent of Neural Tube Defects may be prevented if all women who can become pregnant consume 400 micrograms of folic acid every day **before** and 600 micrograms **during** early pregnancy.

Before you are pregnant:

Take a multivitamin daily that contains 400 micrograms (mcg's) of folic acid.

CVS Multivitamin for Women (\$11.99 for 200 days)

Target for Women (\$8.39 for 200 days)

Or

Take 400 micrograms of folic acid each day

CVS Folic Acid 400 mcg's (\$3.89 for 250 days)

Once you are pregnant, take your prenatal vitamin daily.

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