Don't just cross your fingers and hope for a healthy baby - Be fabulous and prepare your body.
Start today!

- Remember to take a multivitamin containing folic acid every day.
- Discuss your family medical history with your health care provider, particularly any information regarding pregnancy problems or birth defects.
- Focus on improving your nutrition and maintaining your ideal weight. Exercise regularly and eat more fresh fruits, vegetables, and lowfat dairy. Do not diet while trying to conceive or during pregnancy.
- Make sure your vaccinations are up to date - especially rubella.
- Eliminate the use of alcohol, tobacco, and other drugs.
- Review your medications, and ask your healthcare provider about diseases or medications that could affect your baby's health.
- Avoid undercooked meat and handling cat litter - sources of toxoplasmosis which can have severe health problems for the baby.

The SC Neural Tube Defect Prevention Initiative is operated through a cooperative agreement among:

Greenwood Genetic Center
SC Department of Disabilities and Special Needs
SC Department of Health and Environmental Control

Fabulous Folate

Oh Baby, It's Good for YOU!

Whatever your greatest challenge may be - work, school, or raising a family - there's one little thing you can do to make a big difference for your health (and your baby's)...

Be fabulous! Take a multivitamin.

A daily vitamin helps you look better and feel great - it promotes your overall health, and that's very important when you're busy and don't have time to eat the way you should.

Multivitamins are even more important for women. When you make sure yours contains 400 micrograms of folic acid (folate), you greatly decrease your risk of having a baby with birth defects involving the spine and brain.

What is folic acid?

Folic acid, or folate, is a B-complex vitamin found in leafy green vegetables such as spinach and collards, fresh fruit, and liver. In addition to overall good health, folic acid - when taken three months prior to conception and during the first two months of pregnancy - reduces the risk of neural tube defects (serious birth defects that affect the spine and brain.)

Why does folic acid matter?

Because women work hard. We know it's easy to get pulled in many directions with the demands of career, family and friends. Healthy habits such as daily exercise, adequate rest, and proper nutrition - including taking a multivitamin with folic acid - will help you meet your challenges everyday and help you have a healthy pregnancy in the future.

Remember: Don't wait until you become pregnant to begin good nutrition. It will be too late. Multivitamins with folic acid are a fabulous way to help prevent birth defects.

To learn more, call 1-800-SOMEDAY.

If you have any questions before or during your pregnancy, contact your health care provider.

The Centers for Disease Control and Prevention and the Public Health Service have recommended that all women of childbearing age take a multivitamin containing at least 400 micrograms of folic acid every day in order to reduce the risk of serious birth defects of the spine and brain.