



<http://publichealthathens.com>

## NATIONAL BIRTH DEFECT PREVENTION

January is National Birth Defect Prevention Month. According to the National Birth Defects Prevention Network, you should take a vitamin with four hundred micrograms of folic acid once a day. Also, they advise you to avoid alcohol, any tobacco, in addition to street drugs. While you are pregnant, keep the same healthy habits.



ATTEND EVERY APPOINTMENT FROM THE TIME OF CONCEPTION

BIRTH DEFECTS AFFECT 1 IN 33 BABIES

POSSIBLE LIFE LONG PHYSICAL, COGNITIVE, AND SOCIAL CHALLENGES

GET EARLY PRENATAL CARE

120,000 BABIES IN THE U.S. BORN EACH YEAR WITH DEFECTS

COMMUNITY HEALTH CENTER OF FORT DODGE

126 N. 10<sup>TH</sup> ST  
FORT DODGE IA,  
50501

(515)576-6500