

Looking for a good gift to give?

How about a gift for a healthier baby...

1,600 Iowa Babies are born with a birth defect each year; many of the causes are unknown.



- PLAN AHEAD since HALF of all pregnancies are unplanned
- TAKE a multivitamin with 400 mcg of FOLIC ACID DAILY before and during pregnancy
- AVOID alcohol, tobacco, second-hand smoke, street drugs, and toxic exposures when pregnant
- DISCUSS good diet, exercise, and medicine use with your health care professionals



January is National Birth Defects Prevention Month

For more information, call the Iowa Birth Defects Registry at: (319) 335-8585, or visit us on the web at: www.public-health.uiowa.edu/birthdefects