

# Health Awareness



## A Healthy Start For Your Baby And You

(NAPSA)—When it comes to a healthy diet, women of childbearing age should be good to themselves and their future baby.

For example, folic acid is an important B-vitamin that lowers the risk of serious birth defects of the brain and spinal cord, such as Spina Bifida.



**Folic acid is an important B-vitamin that lowers the risk of serious birth defects of the brain and spinal cord, such as Spina Bifida.**

Women of childbearing age should be aware of the importance of taking folic acid every day and before conception to reduce the chances of having a baby born with this birth defect.

Take a vitamin with folic acid every day and look for foods like cereals and grains that have been fortified with folic acid. Our bodies actually absorb folic acid easier this way.

To learn more about Spina Bifida, visit [www.spinabifidaassociation.org](http://www.spinabifidaassociation.org) or call (800) 621-3141.



*Note to Editors: January 7-13 is National Folic Acid Awareness Week.*