

# Health Awareness



## What Is Spina Bifida?

(NAPSA)—There are more than 60 million American women who could become pregnant and each one is at risk of having a baby born with Spina Bifida. Fortunately, studies show that taking a vitamin with 400 mcg of folic



**Taking a vitamin with 400 mcg of folic acid can reduce the risk of having a Spina Bifida pregnancy.**

acid every day can reduce the risk of this permanently disabling birth defect.

Spina Bifida occurs when the spine of the baby fails to close. The exact cause is unknown. It's a life-long disability with ongoing medical problems, including hydrocephalus (fluid on the brain), paralysis and urinary issues. People with Spina Bifida have special challenges but their condition does not define who they are. People with this disability have careers, get married and have children just like people who don't.

To learn more, call the Spina Bifida Association at 1-800-621-3141 or visit [www.sbaa.org](http://www.sbaa.org).