



# JANUARY 2022

## Is National Birth Defects Prevention Month

About 1 out of every 33 babies in the United States is born with a birth defect. These can be minor or severe, ranging from structural (e.g., cleft lip or spina bifida) to functional and developmental (e.g., Down syndrome or cystic fibrosis).

January is National Birth Defects Prevention Month. While not all birth defects can be prevented, there are some ways to increase your chances of having a baby not affected by congenital conditions or disabilities. It comes down to being your healthiest self both before and during pregnancy. Keep in mind that whatever's best for you is best for the baby. The Centers for Disease Control and Prevention recommends that you see your health care provider regularly and start prenatal care as soon as you think you may be pregnant.

Contact us to learn more about establishing a healthy lifestyle before and during pregnancy.