What Steps Can Women Take to Prevent Birth Defects?

Not all birth defects can be prevented. But a woman can increase her own chance of having a healthy baby. Many birth defects happen very early in pregnancy, sometimes before a woman even knows she is pregnant. Remember that about half of all pregnancies are unplanned. Here are some steps a woman can take to get ready for a healthy pregnancy:

- Ask your health care professional or local health department how to plan for a healthy baby.
- Call the Centers for Disease Control and Prevention (CDC) at 1-800-CDC INFO (1-800-232-4636), or visit http://www.cdc.gov/birthdefects or http://www.cdc.gov/pregnancy
- Visit the March of Dimes website http://marchofdimes.com
- Call the Birth Defects Registry or Genetics Program at your state health department.

Want to Know More?

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This brochure was developed in partnership with the National Birth Defects Prevention Network (NBDPN).

The National Birth Defects Prevention Network (NBDPN) is a national network of birth defects programs and individuals working at local, state, and national levels in birth defects surveillance, research, and prevention.
Birth defects are abnormal conditions that happen before or at the time of birth. Some are mild—like an extra finger or toe. Some are very serious—like a heart defect. They can cause physical, mental, or medical problems. Some, like Down syndrome or sickle cell anemia, are caused by genetic factors. Others are caused by certain drugs, medicines or chemicals. But the causes of most birth defects are still a mystery. Researchers are working hard to learn the causes of birth defects so that we can find ways to prevent them.

One in 33 babies is born with a birth defect. Many people believe that birth defects only happen to other people. Birth defects can and do happen in any family. About 120,000 babies in the U.S. each year have birth defects.

The good news is that new ways of preventing and treating birth defects are being found. Genes that may cause birth defects are being found every day, providing hope for new treatments and cures. Genetic counseling provides parents with information about their risks based on family history, age, ethnic or racial background, or other factors. Better health care for mothers with problems like diabetes or seizures can improve their chances of having healthy babies. Immunization prevents infections like German measles (rubella) that can harm unborn babies.

Did You Know?

• Birth defects are the leading cause of death in children less than one year of age—causing one in every five deaths.
• 18 babies die each day in the U.S. as a result of a birth defect. Defects of the heart and limbs are the most common kinds of birth defects.
• Millions of dollars are spent every year for the care and treatment of children with birth defects. Birth defects are a serious problem.

Today, babies born with birth defects can live longer and healthier lives. Special care after birth and newborn screening tests can help these babies. Many states keep track of how often and where birth defects happen. Your state may be able to tell you about birth defects and services that may help you or someone you know.