

Local health district to observe Birth Defects Prevention Awareness Month

Press Release

The Logan County Health District is joining the Ohio Department of Health and the National Birth Defects Prevention Network to share the message that a mother's health before, during and after pregnancy is an important foundation to having a healthy baby who grows up healthy.

Preventing Infections in Pregnancy is the theme of January's National Birth Defects Prevention Month.

Good health habits for everyone include knowing your family history and genetic risks, seeing a doctor, taking care to not expose yourself to diseases and managing health problems. For women, these habits should also include taking a multivitamin with 400 mcg of folic acid daily starting before she gets pregnant. We are excited to be part of this national awareness campaign. We hope to reach women, their families and health care providers in our state with this important message, said health educator Diana Carroll-Aghdam of the Logan County Health District. She continued, "Women who are pregnant or planning to get

pregnant need to be especially careful. Good habits to avoid infection include frequent handwashing, careful handling of

raw meats, staying away from dirty cat litter, and not handling pet rodents or their bedding. Women should also talk with their doctor about testing for infections like group B strep and Hepatitis B".

Logan County Health District is participating in National Birth Defects Prevention Month by distributing information to women and their health care providers. Displays in the lobby of the Logan County Health District and at the Knowlton Library in Bellefontaine will provide free pamphlets and fact sheets. Books on the subject may be checked out from the library, and one person has a chance to win a luxury health basket by signing up at the health district for the *Healthy Steps Today... Healthy Lives Tomorrow Challenge*.

To request a speaker for organizations, call 592-9040.

On the Web: National Birth Defects Prevention Network, www.nbdpn.org.

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