

Are You Getting Enough?



scottish
spina bifida
association

A Scottish Health Awareness Campaign

**Information on the importance of taking
Folic Acid before and during pregnancy**

Are You Getting Enough?

Women who might become pregnant are recommended to take a daily tablet containing 400mcg of folic acid **BEFORE** they conceive and **DURING** the first 12 weeks of pregnancy.

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Why

Your baby's spine starts to grow within the first 28 days of pregnancy – often before you even know you are expecting.

Folic Acid is a B Vitamin that helps reduce the occurrence of birth defects of the brain and spinal cord, called Neural Tube Defects (NTD'S), of which spina bifida is the most common.

The effects of Neural Tube Defects (NTD'S) can range from nerve damage to incomplete brain development in severe cases.

Taking folic acid at least three months prior to conception has been proven to significantly reduce the risk of spina bifida in your unborn child. If you are already pregnant, start taking folic acid at once and continue each day until the end of your 12th week of pregnancy.

Folic acid tablets are on sale in chemists, supermarkets and health stores and some women can get folic acid free on prescription. Many multivitamin formulas also contain 400mcg of folic acid so check the labels.

If you are eligible for Healthy Start, you can get free vitamins containing folic acid, Vitamin C and Vitamin D, as well as Health Start Vouchers. Ask a health professional for more information. www.healthystart.nhs.uk



The NHS recommends that all women who might become pregnant should take folic acid. For further information look out for Health Scotland leaflets in your GP surgery or ask your health professional for more information.

Alternatively visit
www.folicacidscotland.co.uk

Did you know that nearly 50% of pregnancies are unplanned so if you are sexually active and there is any chance that you might become pregnant take a daily dose of folic acid (Vitamin B9).

The more people who come on board with our campaign, the more chance future babies have of being born healthy.

Not sure you need to take Folic Acid?

Are You Female ? ✓

Are You Sexually Active? ✓

If there is a chance you might become pregnant then it's time to take Folic Acid.



Some women have an increased risk of having a baby with a Neural Tube Defect (NTD) and they need a higher dose of folic acid.

You should ask your GP about having the higher dose of 5mg if :

You have diabetes

You take anti-epilepsy medication

You or your partner have an NTD or a family history of NTD

You have coeliac disease

This higher dose is only available on prescription from your GP.

Women who are overweight are also at increased risk of having babies with spina bifida and should seriously consider trying to lose weight prior to planning a pregnancy.

*Are You
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The campaigns aim is to promote the consumption of folic acid to all sexually active women of childbearing age in Scotland.

For further details about spina bifida and the campaign please contact the Scottish Spina Bifida Association on 08459 11 11 12 or visit www.folicacidscotland.co.uk or email folicacid@ssba.org.uk

Folic Acid Awareness is being promoted across the UK by the Scottish Spina Bifida Association, who support all those diagnosed with spina bifida and hydrocephalus in Scotland and by SHINE UK, who support those diagnosed with spina bifida and hydrocephalus in England, Wales and Northern Ireland.



Scottish Spina Bifida Association

The Scottish Spina Bifida Association (SSBA) is the only Scottish charity dedicated to providing specialist advice and support to over 3000 people in Scotland affected by the lifelong and complex disabilities of spina bifida and/or hydrocephalus.

We are currently self funded and have to raise £1 million every year to continue providing support to everyone that has been affected.

Please contact us on 01236 794508, if you wish to find out more about our fundraising efforts.

Remember we need your help to make a big difference to lives in Scotland.

Scottish Spina Bifida Association -
Adding quality to life. Every day.

Alternatively visit
www.ssba.org.uk



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spina bifida
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With thanks to the
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The Association is a recognised Scottish Charity (Reg No SC 013328)