

Are you doing as much as you can to help prevent spina bifida?



Do you take a folic acid supplement or multivitamin containing folic acid every day?

Research has shown that women can reduce their risk of having a child with spina bifida by taking the B vitamin, folic acid, every day.

Do you encourage others to take a folic acid supplement or multivitamin that contains folic acid?

All women need folic acid, whether or not they are planning to become pregnant.

Are you participating in a research study on the causes of spina bifida?

Folic acid does not prevent spina bifida in all babies. Additional research is needed to understand the causes of spina bifida and to develop additional prevention strategies.

Folic acid is an important part of spina bifida prevention. However, if you or your child is affected with spina bifida and you are not participating in a study on the causes of this condition, you could be doing more to help prevent spina bifida.

The only way to understand and prevent spina bifida in humans is to study spina bifida in humans. Scientists can not do this alone. Research can only move forward if families affected by spina bifida are willing to participate.

The Spina Bifida Research Resource (SBRR) is an NIH funded study of the causes of spina bifida. Over 600 families have joined the SBRR in the search for the causes of spina bifida. We hope that you will consider joining them as we continue to work together to understand and prevent spina bifida.

To learn more about the SBRR, please contact:

Barbara Weyland
1-866-521-SBTX (toll free)
bweyland@ibt.tamhsc.edu

Katy Hoess
1-866-275-SBRR (toll free)
khoess@mail.med.upenn.edu