



Here are some ways to stay healthy **EVERY DAY**:

Exercise - 30 minutes daily

Vitamin - 400 micrograms of folic acid daily

Educate yourself about medicines and toxins that can cause birth defects

Reproductive life planning

Yearly doctor visits to discuss physical and mental wellness

Diet - vegetables, fruits and whole grains daily

Avoid tobacco, drugs and alcohol

Your partner, friends, and family should be sources of support

Alcohol

How does alcohol affect your health?

Alcohol can be harmful to your health. It can damage your liver and other organs. And, it can affect your ability to make good decisions. Alcohol can also cause birth defects. For women who could get pregnant, it is important to know how alcohol affects pregnancy.

If you drink alcohol and you get pregnant, can it hurt the baby?

Yes. If you get pregnant, alcohol can cause mental retardation in the baby. It can also cause birth defects. These effects happen very early in pregnancy, before you may know you are pregnant. If there is any chance that you could get pregnant, stop drinking alcohol now. Or, if you drink alcohol, use birth control so you don't get pregnant. Talk to your doctor about what kind of birth control is best for you. Remember: there is no safe amount of alcohol during pregnancy.

Resources that can help

If you need help to stop drinking or using drugs, talk with your doctor or other health care worker. They can help you find local resources.

For information about support groups for alcohol abuse, go to: <http://www.aa.org/> or <http://www.adp.ca.gov/>

To learn more about how alcohol can affect pregnancy, go to: <http://www.cdc.gov/ncbddd/fas/>



www.everywomancalifornia.org