



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

Genetic Conditions

Some health problems are passed on from parents to their children. Talk with your doctor about any health problems that run in your family. If you get pregnant, these problems can affect your baby. You and your partner may need to talk to a genetic counselor. This is someone who can explain your risk of having a baby with a birth defect.

Genetic counseling before getting pregnant is helpful for:

- Women who have had several miscarriages.
- Couples who have children or relatives with birth defects or mental retardation.
- Descendants of Eastern European Jews and French Canadians due to risk for Tay-Sachs disease.
- Descendants of individuals from the Mediterranean, Southeast Asia, India, Pakistan or Africa, due to risk for Thalassemia.
- Descendants of individuals from Africa, the Caribbean and Latin America, due to risk of sickle cell disease.
- Couples with cystic fibrosis or muscular dystrophy in the family.
- Women who may become pregnant after age 34.

To learn more about genetic conditions, go to:
<http://www.marchofdimes.com/pnhec/4439.asp>

To map out your family health history, go to
<http://familyhistory.hhs.gov>



www.everywomancalifornia.org