



Health Tribune

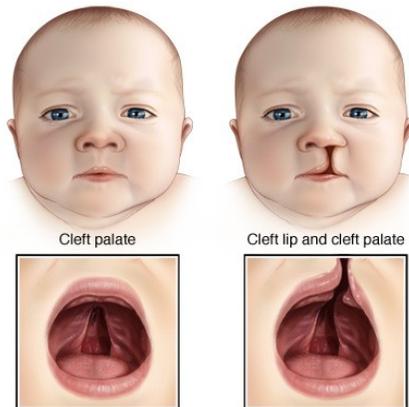
Thinking about your health in Portage County
Provided by the Portage County Health Department



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January is... National Birth Defects Prevention Month

Birth defects are serious conditions that are changes to the structure of one or more parts of the body. Birth defects affect 1 in every 33 babies born in the United States each year. Birth defects can affect almost any part of the body (e.g., heart, brain, foot). They may affect how the body looks, works, or both. Birth defects can vary from mild to severe. Birth defects can occur during any stage of pregnancy. Most birth defects occur in the first 3 months of pregnancy, when the organs of the baby are forming. This is a very important stage of development. However, some birth defects occur later in pregnancy.



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Methods to help prevent birth defects

- Take 400 micrograms of folic acid a day
- Don't smoke
- Don't drink alcohol at anytime during pregnancy
- Don't use illegal drugs
- Talk to a health care provider before taking any medications
- Avoid toxic substances at work and at home
- Prevent infections
- Keep diabetes under control
- Reach and maintain a healthy weight
- See a healthcare professional on a regular basis



For more information: <http://www.cdc.gov/ncbddd/birthdefects/facts.html>

Did you know...?



The Bureau for Children with Medical Handicaps (BCMh) through the Ohio Department of Health supports the work of public health nurses on behalf of children with special healthcare needs and their families.

This program provides a public health nurse as a valuable resource for families. This public health nurse can:

- Coordinate services among agencies
- Assist families in filling out forms and paperwork
- Serve as a client advocate in school IEP meetings
- Help families locate BCMh providers
- Assist family members in understanding their child's treatment plan

To learn more about the BCMh Program in Portage County, contact Kerry McKeen, PCHD Public Health Nurse, at 330-296-9919 ext. 114.



Help Me Grow (HMG) is a program for Ohio's expectant parents, newborns, infants and toddlers that provides health and developmental services.

For more information on the Help Me Grow Program in Portage County contact Sandy Craft at 330-298-4545 ext. 300.

Questions or Comments?

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