



**SPINA BIFIDA ASSOCIATION OF AMERICA**  
**4590 MacArthur Blvd., NW, Suite 250**  
**Washington, DC 20007-4226**  
**Phone: (202) 944-3285**  
**Resource Center: 1 (800) 621-3141**  
**Website: [www.sbaa.org](http://www.sbaa.org)**

78 WORDS, 30 SECONDS

Hi, it's [radio personality name]. I have to ask you an important question. Do you know what spina bifida is? Most people don't, but it's actually a common birth defect of the spine that causes life-long disabilities. Taking the B-vitamin, folic acid, every day can help reduce the risk of spina bifida. For more information, speak with your health care provider or call the Spina Bifida Association of America at 1-800-621-3141 or visit W-W-W—DOT—S-B-A-A—DOT—ORG.



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**87 WORDS, 30 SECONDS**

Research shows that women of childbearing age can help reduce the risk of spina bifida by taking a vitamin with folic acid every day. Spina bifida is a birth defect of the spine that causes life-long disabilities. Since spina bifida occurs during the first month of pregnancy, before many women realize they are pregnant, it's important to take a vitamin with folic acid every day. For more information, call the Spina Bifida Association of America at 1-800-621-3141 or visit W-W-W—DOT—S-B-A-A—DOT—ORG.



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43 WORDS, 15 SECONDS

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