

FOR IMMEDIATE RELEASE
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New Year, New You!

Washington, D.C. – The Spina Bifida Association (SBA) is proud to celebrate Folic Acid Awareness Week (January 5-11) and Birth Defects Prevention Month. Every January, SBA increases awareness about the benefits of folic acid in reducing Spina Bifida births. Through awareness comes understanding and support of our mission to promote the prevention of Spina Bifida and to enhance the lives of all affected.

SBA has developed a [Web PSA](#) video on recurrence prevention. Featuring the Mitchum family from Louisville, Kentucky, this 60 second PSA is a reminder of not only the importance of daily folic acid intake to reduce the risk of a Spina Bifida-affected pregnancy but also highlights the need for an even greater dosage for families already affected by Spina Bifida.

Taking Folic Acid

- Women who could become pregnant should take 400 mcg (0.4 mg) of folic acid through a vitamin.
- Women who have a child or had a pregnancy affected by Spina Bifida or have Spina Bifida themselves should take 4000 mcg (4.0 mg) of folic acid for one to three months before pregnancy. This amount of folic acid is higher than what you can get in the store, so you will need to see a doctor for a prescription.
- It is important for all women of childbearing age to plan any future pregnancy.