



## Spina Bifida in Texas

Spina Bifida, the most common, permanently disabling birth defect that is also compatible with life in the United States, affects approximately 1,500 births each year. Spina Bifida is a serious and life-long condition which occurs when the spinal cord fails to close properly during the early stages of pregnancy. Approximately 10% of babies born with Spina Bifida do not live into adulthood.

- In Texas, 3.58 babies are born with Spina Bifida per 10,000 births (data collection period: 2010).
- Recent research has estimated that the number of Americans living with all forms of Spina Bifida may be as high as 166,000. Based on this national estimate and the birth rate of Spina Bifida, approximately 8,709 people with Spina Bifida live in Texas.
- In Texas, there are an estimated 7.6 million women of childbearing age. All are at-risk of a Spina Bifida pregnancy. If women of childbearing age were to consume 400 micrograms (mcg) of the B-vitamin folic acid every day **before pregnancy**, the risk of Spina Bifida and other serious birth defects could be reduced by up to 70%.
- Approximately 6,967 of individuals with THE most serious form of Spina Bifida, myelomeningocele (MMC), suffer from hydrocephalus, a dangerous fluid build-up around the brain, which necessitates surgery to implant a shunt in the brain. Unfortunately, shunts require frequent revisions, and 5,574 of these devices will fail within 10 years.
- 4,355 of the people living with Spina Bifida are adults, and 3,484 of them have MMC. Very little is known about aging with Spina Bifida. Very few physicians are willing to treat people with Spina Bifida or have the knowledge of treatments and interventions associated with its management.

*The mission of the Spina Bifida Association is to build a better and brighter future for all those impacted by Spina Bifida*

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Community Health Charities #10559

/spina.bifida.learn · @SpinaBifidaAssn · spinabifidaassociation.org

## Cost Related to the Care of People with Spina Bifida in Texas

- The estimated cost of lifetime care related to Spina Bifida for the 1,100 of the people living with Spina Bifida in Texas can exceed \$1,000,000 or \$8,709,000,000. Among adults with MMC, only half live independently as adults, accruing substantial costs for the lifetime care.
- Out-of-pocket costs for direct medical care for children born with MMC are 13 times more than children born without MMC. These additional costs continue into adulthood, when individuals with MMC pay 7 times more in medical cost than those without MMC.
- Family caregivers for Spina Bifida patients are 25% less likely to be employed and, when they are employed, work 25% fewer hours compared to those not providing Spina Bifida-related care.

### Clinics:

Dell Children's Medical Center  
Marnie Paul Specialty Center  
**(0 – transition, adult)**  
Austin, TX 78723  
512-324-0137  
<https://www.dellchildrens.net/service-s-and-programs/specialty-care-center/spina-bifida-program/>

Moody Clinic  
**(0 – 22)**  
1901 East 22nd St  
Brownsville, TX 78521  
956-542-8504  
[www.moodyclinic.org](http://www.moodyclinic.org)

Texas Scottish Rite Hospital for  
Children Spina Bifida Clinic  
**(Ages served: Information n/a)**  
2222 Welborn Street  
Dallas, TX 75219-3993

<https://scottishritehospital.org/care-and-treatment/other-treatment/developmental-disabilities>

Texas Tech Orthopaedic Surgery  
and Rehabilitation  
**(Orthopedic, all ages)**  
4801 Alberta Avenue  
El Paso, TX 79905  
915-215-5480  
<http://www.elpaso.ttuhscl.edu/som/Orthopaedics/>

Cook Children's Hospital  
**(0 – 18)**  
801 7th Avenue  
682-885-2500  
Fort Worth, TX 76104  
<https://cookchildrens.org/neurology/conditions/Pages/Spina-Bifida.aspx>

Baylor College of Medicine  
Transition Medicine Clinic

**(transition)**

7200 Cambridge St.  
8th Floor, Suite 8A  
Houston, TX 77030  
(713) 798-6333  
<https://www.bcm.edu/healthcare/care-centers/transition-medicine/>

Shriners Hospital for Children  
Houston

**(0 – 18)**

977 Main Street  
Houston, TX 77030  
713-797-1616  
<https://www.shrinershospitalsforchildren.org/houston>

Texas Children's Hospital Spina  
Bifida Clinic

**(0 – 18)**

6701 Fannin St.  
Suite 1610.01  
Houston, TX 77030  
832-822-4308  
<https://www.texaschildrens.org/departments/spina-bifida-program>

Methodist Children's Hospital  
Pediatric Specialty Clinics

**(0 – 18)**

Methodist Plaza, 4499 Medical  
Drive, Sublevel One  
San Antonio, TX 78229  
(800) 297-1021  
<https://sahealth.com/service/methodist-pediatric-specialty-clinics>