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.
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/services-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

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

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/car
e-centers/transition-medicine/

Shriners Hospital for Children
Houston (0 – 18)
977 Main Street
Houston, TX 77030
713-797-1616
https://www.shrinershospitalsforchild
ren.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/depa
tments/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/methodi
st-pediatric-specialty-clinics