



# Making Healthy Choices

Presented by:  
Missouri Western  
State University Senior  
Nursing Students



This presentation is funded by a community grant from the March of Dimes.

This material is for information purposes only and does not constitute medical advice. The opinions expressed in this material are those of the author(s) and do not necessarily reflect the views of the March of Dimes.



---

# Making Healthy Choices

---

- ◆ Take Folic Acid Daily
- ◆ Avoid Lead Contamination
- ◆ Avoid Alcohol
- ◆ Avoid Smoking
- ◆ Avoid Illegal Drugs
- ◆ Consult Healthcare Provider about use of prescription drugs



# FOLIC ACID



---

# Who Needs Folic Acid?

---

- ◆ Everyone
- ◆ Any woman who could become pregnant
- ◆ Pregnant Women

# What is folic acid??

- ◆ An essential B vitamin that can help reduce birth defects if taken in adequate amounts of 400 micrograms daily.

# What sources contain folic acid?

- ◆ Oranges
- ◆ Romaine Lettuce
- ◆ Oatmeal
- ◆ Fortified breakfast cereals
- ◆ Vitamins
- ◆ Beans
- ◆ Peanuts

# Why should you take folic acid?

- ◆ To prevent neural tube defects that can occur in the 1<sup>st</sup> 6 weeks of pregnancy often before the woman knows she is pregnant
- ◆ It has been shown to reduce the risk of heart disease and stroke
- ◆ It may also reduce the risk of developing other birth defects such as cleft palate

# What is NTD?


- ◆ Neural Tube Defects
- ◆ The neural tube forms in the embryo and then closes. The neural tube later becomes the baby's spinal cord, spine, brain, and skull.
- ◆ NTD happens when the tube fails to close properly, leaving the brain and spinal cord exposed to amniotic fluid.



# Neural Tube Defects



- ◆ Spina Bifida
- ◆ Anencephaly


- 
- ◆ Neural tube defects are one of the more common congenital anomalies to occur. Such defects result from improper embryonic neural tube closure.
  - ◆ The most minimal defect is called spina bifida, with failure of the vertebral body to completely form, but the defect is not open.

---

◆ Open neural tube defects with lack of a skin covering, can include a meningocele, in which meninges protrude through the defect.

◆ At the website below a large meningomyelocele in which the defect is large enough to allow meninges and a portion of spinal cord to protrude through the defect.

◆ <http://www-medlib.med.utah.edu/WebPath/PEDHTML/PE D027.html>



Between 50% to 70% of birth defects could be prevented if women took at least 400 micrograms of Folic Acid (Vitamin B) daily before and during the early weeks of pregnancy.

How much folic acid is recommended a day??

- ◆ 400 micrograms

## **Who should take folic acid?**

Every woman of child bearing age  
(14-45 yrs old)



# LEAD POISONING

# What can lead poisoning cause??

- ◆ Harm to the fetus
- ◆ Fertility problems in men and women
- ◆ High blood pressure
- ◆ Nerve Disorders
- ◆ Muscle and joint pain
- ◆ Memory and concentration problems

## **What to do if you suspect lead exposure...**

Report it to the Health Department and get tested for lead exposure.

# What are common sources of lead??

- ◆ Lead paint
- ◆ Tap water from lead pipes
- ◆ Mini-blinds manufactured outside U.S. before July 1996
- ◆ Houses built before 1978



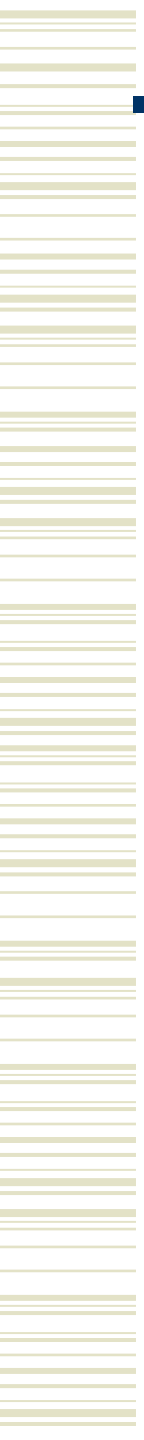
# ALCOHOL

# What are the dangers of consuming alcohol??

- ◆ Impaired judgment
- ◆ Slowed reflexes
- ◆ Can cause birth defects, such as Fetal Alcohol Syndrome (FAS)

## **What amount of alcohol can cause birth defects??**

-Any amount can cause defects



# SMOKING

# What does smoking do??

- ◆ Causes blood vessels to get smaller which does not allow blood to flow properly to all body organs and unborn baby
- ◆ Can lead to premature births
- ◆ Can lead to low-birth weights

**Smoking is the most preventable cause of premature death and disabilities.**



# DRUGS

# What should you know about drugs??

- ◆ All illegal drugs can affect the body causing premature birth and defects.
- ◆ If you suspect that you could be pregnant, you should consult with a doctor before taking any over-the-counter drugs or prescription drugs such as accutane.

- 
- ◆ [www.canadiancontent.net/en/jd/go](http://www.canadiancontent.net/en/jd/go)
  - ◆ [www.anencephaly.net/mary.html](http://www.anencephaly.net/mary.html)

# Where can you get more information about folic acid?

- ◆ March of Dimes Birth Defects Foundation-  
[www.modimes.org](http://www.modimes.org)
- ◆ Centers for Disease Control and Prevention-  
[www.cdc.gov](http://www.cdc.gov)
- ◆ Spina Bifida Association of America-  
[www.sbaa.org](http://www.sbaa.org)
- ◆ The U.S. Food and Drug Administration- [www.cfsan.fda.gov](http://www.cfsan.fda.gov)



Where can you get more information about  
healthy resources in St. Joseph?

- ◆ [www.wi.missouriwestern.edu/research/H](http://www.wi.missouriwestern.edu/research/H)



# Question 1

## What is folic acid?

- A. Mineral**
- B. Herbal remedy**
- C. B vitamin**
- D. Vegetable**



# Question 1

## What is folic acid?

**C. B vitamin**

---

## Question 2

What sources contain folic acid?

---

- A. Black Beans & fortified cereal**
- B. Pizza**
- C. Potatoes**
- D. Iron**

## Question 2

What sources contain folic acid?

**A. Black Beans & fortified cereal**

Question 3  
How much folic acid do you  
need a day?

- A. 20 milligrams**
- B. 40 milligrams**
- C. 400 micrograms**
- D. 1000 micrograms**

Question 3  
How much folic acid do you  
need a day?

**C. 400 micrograms**

## Question 4

When is folic acid most important in a women's diet?

- A. Over 21 years of age**
- B. Never**
- C. Anytime in your lifetime**
- D. Childbearing age (14-45 yrs)**

# Question 4

When is folic acid most important in a women's diet?

**D. Childbearing age (14-45 yrs)**

# Question 5

## What are neural tube defects?

- A. Tubal Pregnancy**
- B. The spine fails to close properly, leaving brain and spinal cord exposed**
- C. Chromosomal abnormality that occurs after birth**
- D. Childhood disease**

# Question 5

## What are neural tube defects?

**B. The spine fails to close properly, leaving brain and spinal cord exposed**

## Question 6

Which of the following is not a health benefit from taking folic acid?

- A. Decreased risk of heart disease**
- B. Decreased risk of stroke**
- C. Decreased risk of low-birth weight babies**
- D. Decreased risk of other defects**

## Question 6

Which of the following is not a health benefit from taking folic acid?

**C. Decreased risk of low-birth weight babies**



## Question 7

### Where is lead found?

- A. In food**
- B. In houses built before 1978**
- C. In pencils**
- D. In paper**



---

Question 7  
Where is lead found?

---

**B. In houses built before 1978**

## Question 8

Which of the following is a harmful effect of smoking?

- A. Low birth weight babies**
- B. Attention Deficit Disorder**
- C. Diabetes**
- D. Increased attention span**

## Question 8

Which of the following is a harmful effect of smoking?

**A. Low birth weight babies**

## Question 9

Which of the following is not an effect of drinking alcohol?

- A. Impaired judgment**
- B. Fetal Alcohol Syndrome**
- C. Slows reflexes**
- D. Ability to problem solve**

## Question 9

Which of the following is not an effect of drinking alcohol?

**D. Ability to problem solve**

## Question 10

What are the effects of illegal drugs on an unborn baby?

- A. Faster growth & development**
- B. Does not effect the fetus**
- C. Birth defects and premature birth**
- D. None of the above**

## Question 10

What are the effects of illegal drugs on an unborn baby?

**C. Birth defects and premature birth**