

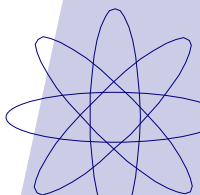
7

3

6

1

## A Numbers Game!



84.....the percentage of pregnant women who have heard of folic acid

33.....the percentage of pregnant women who take folic acid

70.....the percentage of birth defects that could be prevented by taking folic acid during pregnancy

5

If you are pregnant or considering pregnancy, have you taken your folic acid today? The American College of OB/GYN recommends taking 1 mg of folic acid daily for all pregnant women to help prevent birth defects. Folic acid, or folate as it is also called, is found in dark leafy green vegetables, whole grain, and in enriched cereal.

Pregnant women, however, do not get enough in the diet and need a supplement to reach the recommended amount. Prenatal vitamins prescribed by Dr. Schwartz contain the added folic acid needed on a daily basis by all pregnant women. Ideally, a woman should take the recommended amount of folic acid when she and her partner first consider getting pregnant. If you are considering pregnancy, please make an appointment to talk with Dr. Schwartz about how best to care for yourself before, during and after your pregnancy.

Together we can deliver healthy babies!

2

8

4