



TWOP News

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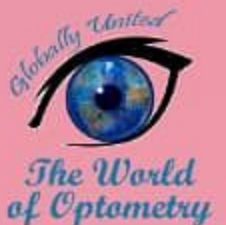


The

NATIONAL BIRTH

DEFECT PREVENTION

MONTH



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Introduction

- Birth defects are still surprisingly common, about 3 to 6 % are born with defects. These needs to be controlled by preventive measures.
- For this purpose an initiative to spread Awareness on Birth defects has been started by celebrating January as the “National Birth Defect Prevention Month”, which is being celebrated Nationwide every year.



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- Birth defects are inborn errors of development. These defects are structural changes which affect any organ or part of the body.
- Most of the birth defects occurs in the first trimester of pregnancy. Birth defects can vary from Mild to Severe.
- The actual cause of birth defects are still unknown, but it is believed that genetic, or chromosomal problems, infection and medications are the causative factors.



Risk Factors include :

1. smoking
2. stressing
3. drinking alcohol
4. obesity
5. diabetes
6. drugs
7. chemicals
8. family history, etc.

Some Birth defects are :

1. malformed heart
2. microcephaly
3. cleft plate
4. spina bifida
5. missing part of limbs
6. blindness
7. kidney problems
8. Down syndrome
9. Albinism etc.

Birth defects found in eyes are :

1. Anophthalmia (absence of eye)
2. Microphthalmia (small eye)
3. Hypertelorism (widely spaced eye)
4. Cyclopia (failure of proper division of eyes into two sockets).



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- Birth defects can be diagnosed by taking the mother's blood sample for the baby's DNA (noninvasive prenatal screening).
- Some Physical birth defects can be detected by ultrasound. Early detection may contribute to treating the defect before the baby is born.
- Babies with birth defect are treated by surgery or other medical treatments.
- Some Birth defects can be easily prevented by adopting a healthy lifestyle to improve the likelihood of a healthy child born.



Preventative measures

Following are preventive measures of some birth defects:

1. Taking Folic Acid (400 mg) daily
2. Avoid Harmful substances (smoking, tobacco or Alcohol)
3. Timely visit to your Healthcare provider
4. Avoid Medications
5. Choose a Healthy Lifestyle
6. Controlled blood pressure and blood sugar level



- Folic acid (vitamin B) is vital for healthy development. It helps to prevent brain and spinal defects.
- Avoiding smoking lessens the chances of cleft palate.
- Drinking Alcohol can cause fetal alcohol syndrome.
- Infections during pregnancy also results in birth defects.
- High blood pressure during pregnancy affects baby's kidney.
- Not all medications are safe to use during pregnancy, ask your physician about side effects before taking any medicine.



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Wow, what a cool content



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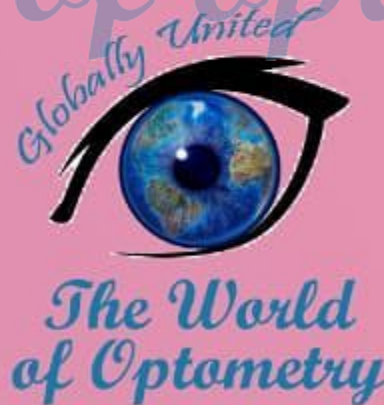


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