

Pointers For Parents

A New Look At Prenatal Health

(NAPSA)—A growing number of experts including Anne A. Moore, RNC, MSN of Vanderbilt University's School of Nursing, believe "Any woman who has the potential to become pregnant, including women taking oral contraceptives, should consider prenatal nutrition."



A growing number of expectant mothers are adding folic acid to their daily vitamin program.

To help educate women about the importance of taking folic acid, the marketers of StrongStart™, a prescription-strength vitamin created specifically for potentially pregnant, pregnant or postnatal women, have created a free information kit for pregnant women. Each kit contains an information book for expectant mothers, a sample bottle of StrongStart™ vitamins and a voucher for a free one-year subscription to *BabyTalk* Magazine. The kits are available free of charge upon request through physicians nationwide. More information is available at www.strongstart.com/products.

Folic acid deficiency on the part of the mother has been linked to birth defects of the spinal chord and brain, such as spina bifida and anencephaly. Research indicates that up to 85 percent of these problems could be prevented if the mother-to-be takes a vitamin or folic acid supplement.