

88 WORDS, 30 SECONDS

## HEALTH AWARENESS

About thirty-two thousand American children are born with a congenital heart defect, or C-H-D, each year. The vast majority can be helped by surgery and lead a normal life. The American Heart Association provides preventative tips for parents expecting a new baby. Pregnant women should try to avoid the use of certain Medications for seizures, acne or bipolar disorder; rubella or other viral diseases; and abusing alcohol. Speak with your health care provider if you have any concerns. Learn more about C-H-Ds by visiting heart-dot-org-forward-slash-c-h-D.