

Experts Offer Parents Guidance on Avoiding Congenital Heart Defects

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06.07.07, 12:00 AM ET

THURSDAY, June 7 (HealthDay News) -- Would-be parents can take four key steps to reduce the risk of having a baby with a heart defect, according to experts at the American Heart Association (AHA).

The group released the following guidelines in a new scientific statement:

First, talk with your doctor. Good preconception and prenatal care is important. Prospective mothers should be checked for diabetes, rubella (German or three-day measles), and influenza. Women of childbearing age need to be immunized against rubella and need to have their diabetes under control. Second, women should take a daily multivitamin. The vitamin should contain 400 micrograms of folic acid or a folic acid supplement. Folic acid is important for normal growth and development of the fetus and appears to help protect against heart defects. Review prescription and over-the-counter medication use with your doctor. Avoid people who have the flu or other fever-related illnesses. Women who have a fever-related illness during the first trimester of pregnancy may face twice the risk of having a baby with a heart defect.

The statement was prepared by the AHA's Congenital Cardiac Defects Committee of the Council on Cardiovascular Disease in the Young, which reviewed current information in medical/scientific literature. The article appears in the journal *Circulation*.

This statement highlights the need to think about prevention of heart defects in babies before conception and very early in pregnancy, senior author Dr. Catherine L. Webb, a pediatric cardiologist at Children's Memorial Hospital in Chicago, said in a prepared statement.

Paying attention to parental lifestyle issues and the association with congenital heart disease is a good start. However, congenital heart disease may still occur in children despite excellent prenatal care and the very best efforts on the parents part. It is very important to continue to learn much more about prevention of congenital heart disease through ongoing research studies, said Webb, who is also a professor of pediatrics at Northwestern University Feinberg School of Medicine.

More information

The Nemours Foundation has more about congenital heart defects.

About the Author

From www.forbes.com:

All women want to provide the best environment possible for their developing baby. Prenatal vitamins, along with a nutritious diet and exercise.

Prenatal Vitamins Are Unbelievably Best for Baby. The March of Dimes stated that to help prevent neural tube defects, all women capable.

Learn all about pregnancy and fertility. Your best prenatal vitamins and ovulation test kits. Plus tips for getting pregnant and a free ovulation.

Remember, the goal of prenatal vitamins is to supplement your diet, not to replace it. Eating a balanced diet is still the best nutrition.

If prenatal vitamins cause a large glycemic excursion, then the best prenatal vitamin would be one that produces the lowest.

The best prenatal vitamins for you and your baby. We have selected the best prenatal vitamins and products available. We are offering.

There are actually however many high quality prenatal vitamin supplements you can purchase over the counter. If you are not certain what your best choice.

One of the best ways to ensure that both mother and their baby are getting enough vitamins and minerals is to take prenatal vitamin.

Source: <http://www.products herbal.com>