

LISTEN FROM EAR TO EAR TIPS OF THE MONTH

January 2012

Issue VII

NEWBORN HEARING
SCREENING PROGRAM (NHSP)

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JANUARY National Birth Defects Prevention Month

DID YOU KNOW?

- One in every 33 babies in the U.S. is born with a birth defect
- Genetic and/or environmental factors can cause birth defects
- Most causes of birth defects are unknown
- Many birth defects are diagnosed after a baby leaves the hospital
- A birth defect can affect how the body looks, how it works, or both
- Some birth defects like cleft lip or spina bifida are easy to see
- Others, like heart defects, are not easy to see
- Some birth defects can be diagnosed before birth with ultrasound/amniocentesis
- There are indications that folic acid may reduce the risk for birth defects such as spina bifida and anencephaly but also others such as cleft lip/palate and certain heart defects
- National Folic Acid Awareness Week is January 8-14, 2012
www.folicacidawareness.org
- Visible birth defects (ie. craniofacial anomalies) may be an indicator of hearing loss

A woman can take important steps before and during pregnancy to help prevent birth defects. It is important for all women of childbearing age to take a multivitamin with 400 micrograms of folic acid daily. Folic acid is a synthetic form of naturally occurring folate in foods. Leafy green vegetables, beans, liver and some fruit are natural resources for folate; however folate is more difficult to absorb. Synthetic folic acid can be found in multivitamins and foods like breakfast cereal, pasta, and bread. Folic acid helps the body build DNA and is used in cell growth and reproduction.

www.cdc.gov/ncbddd/birthdefects



REMEMBER:

Craniofacial anomalies are risk indicators for delayed-onset hearing loss, such as

- Cleft lip/palate
- Abnormal shape of pinna/ear canal
- Ear tags
- Ear pits
- Temporal bone abnormalities

Call NHSP for initial results and presence of risk factors

EVENT OF THE MONTH

**Hearing Loss Association
Of America**

January 14, 2012

9:30 am

Education Center

Norman Regional Hospital

901 N. Porter

TOPIC:

Assistive Listening Devices