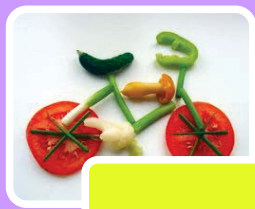


# Factors contributing to increasing Birth Defects



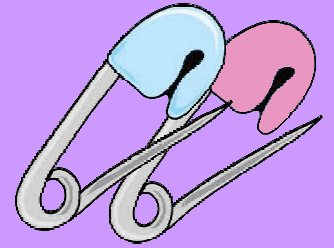
**Nutrition**



**Medical conditions**



**Infectious diseases**



## Nutrition

A woman's nutritional and health status, before and during pregnancy, influences the development of her baby. Malnutrition could be the cause of neural tube defects in newborns.



## Preexisting medical conditions

There are some medical conditions that could threaten the life of both mother and fetus. Obesity, diabetes, hypertension, hypothyroidism and epilepsy can result in congenital abnormalities.

## Infectious diseases

Women planning on becoming pregnant should be aware of infectious diseases that could be very dangerous. To prevent some of these infections vaccination against rubella and varicella are necessary.



## Environmental toxins

Lead and organophosphates are examples of environmental toxins. Pregnant women should also be aware of the tobacco and alcohol use.

## Genetic disorders

Couples may have abnormal genetic factors that can be passed on to their children. Consanguinity can increase the risk of having a child with a genetic disease.



## Age and parity

Women who give birth before 18 and after 35 years of age are at greater risk of having complications. Planning your pregnancy is a core element for a healthy baby.



## Importance of preconception care

Reproductive health education should include education about health conditions that affect maternal and neonatal outcomes.



# NCPNN

NATIONAL COLLABORATIVE PERINATAL NEONATAL NETWORK  
RESEAU NATIONAL POUR LA COLLABORATION PERINATALE NEONATALE

الشبكة الوطنية للمعلومات حول الولادة وما بعدها



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