

# Neural Tube Defects: What Are They?



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**50% of all cases are spina bifida**

where the zipper is not properly closed at the **spine**, exposing the spinal cord.



Requires **long-term treatments.**



**40% of all cases are anencephaly**

where the zipper is not properly closed at the **head**, a part of the skull and brain is missing.



The baby **cannot survive after birth.**



Between the **17<sup>th</sup> and 28<sup>th</sup> day** after fecondation, the neural tube zips up.



**It is when the neural tube - the origin of the brain, spinal cord, and spine - does not close properly.**

**1 / 2,500** pregnancy, in Canada, develops a neural tube defect.



Folic acid **BEFORE** pregnancy reduces by **72% the risk** of neural tube defects.

Folic acid should be taken, at least, **2 to 3 months before** each pregnancy **AND 3 months after.**



Recommendation **0.4 to 1 mg / day** of folic acid (vitamin B9) **COMBINED** with a diet rich in vitamin B9.