

Title: Spina Bifida in the Latino Population

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Abstract:

Maternal risk factors as well as demographic variables are involved in the development of neural tube defects. Acculturation factors such as being foreign-born or having recently immigrated to the US increase the risk for neural tube defects. Therefore, those modifiable risk factors, such as adequate control of maternal diabetes and weight during pregnancy, are especially important for the Latino population.

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Riesgos

Por causa de varios factores, los latinos están en riesgo de tener un bebe afectado por la espina bifida. Hay varios factores conocidos que aumentan el riesgo para todos, estos incluyen la diabetes, la obesidad y la falta de acido fólico en la dieta. El numero de latinos con diabetes es muy alto, por lo tanto es importante que intentemos controlar esta enfermedad. Hay otros factores que también influyen el desarrollo de espina bifida. Por razones que los científicos aun no comprenden, las personas que nacieron en otro país y las que migraron a los estados unidos recientemente, tienen una mayor tendencia a ser afectados por la espina bifida.



For more information on spina bifida and prenatal care visit:

<http://www.spinabifidaassociation.org>

<http://familydoctor.org/online/famdocen/home/women/pregnancy/basics/053.html>

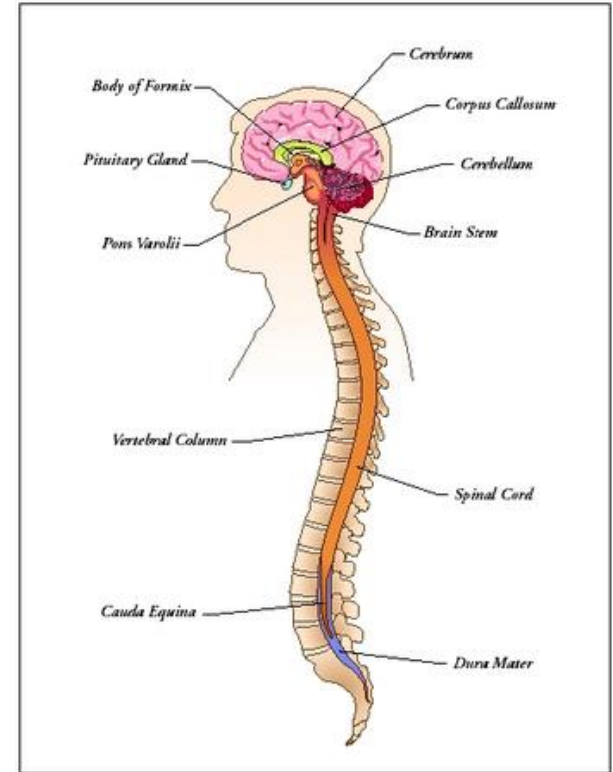
http://www.acog.org/publications/patient_education/bp001.cfm

Para mas información acerca de la espina bifida y el cuidado prenatal visite:

<http://www.spinabifidaassociation.org>

<http://familydoctor.org/online/famdoces/home/women/pregnancy/basics/053.html>

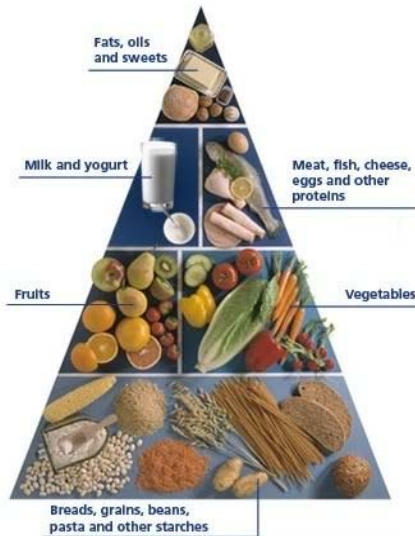
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Spina Bifida in the Latino population

Spinal Cord Development

The spinal cord develops during the first few weeks of gestation, often before a woman even knows she's pregnant. There are many factors involved in this process. If something goes wrong during that process, the baby might end up with a birth defect called spina bifida. This is when the nerves, bones, muscles and skin around the spinal cord do not develop properly. It is best to try to PREVENT these problems before they arise. Therefore, it is important to think about things that increase a woman's risk of having a pregnancy complicated by spina bifida, and how to best manage these risks.



Risk Factors and Management

Mom's risk factors:

- Gestational Diabetes
- Obesity
- Diet/Folic acid intake

3 ways to decrease your risk:

- *Adequate control of diabetes - frequent glucose monitoring and regular visits with your doctor.
- *Maintain healthy weight - eat a balanced diet and exercise every day.
- *Folic acid supplementation - has been shown to decrease rates of spina bifida. Recommendations include: 400 mcg of folic acid daily for average women, and 4 mg for women who have had a child with spina bifida (or other neural tube defect).

Social and cultural factors:

- Foreign-born
- Recent move to US
- Language preference
- Income/education level

