Discovery Point Retreat In Dallas Wrapped Up National Birth Defect Prevention Month With New Article

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Dallas Texas. Discovery Point Retreat in Dallas Texas is a leading addiction treatment center helping people struggling with substance abuse. Discovery Point Retreat has just published a new article about National Birth Defects Prevention Month. January was National Birth Defects Prevention Month and Discovery Point Retreat, a leading addiction treatment center in Dallas Texas, decided to join a nationwide effort to raise awareness of the causes and impact of birth defects. Discovery Point Retreat is offering best practices for pregnant women that may help reduce the likelihood of their child having birth defects.

Discovery Point Retreat in Dallas reminds parents that not all birth defects can be prevented, but it is still possible to increase the chances of having a healthy baby by managing the mother?s own health condition. Adopting healthy behaviors before and during pregnancy will significantly increase the chances of preventing birth defects.

Discovery Point Retreat encourages pregnant women to take care of themselves. Taking care of one?s self is also taking care of the baby. This means protecting the baby from harmful substances that can cause pregnancy issues. Avoid substances such as tobacco, alcohol and illegal drugs.

When dealing with tobacco, alcohol, and drugs, during pregnancy, there is no known safe amount. This is also true of couples trying to get pregnant. All throughout pregnancy, consuming alcohol can lead to many developmental issues and birth defects. This is the main reason why expecting mothers should stop drinking alcohol when trying to conceive.

Discovery Point Retreat can provide addiction treatment services to those who have struggled with alcohol use disorder in the past or maybe doing so currently. The treatment services offered are designed to keep mothers safe and comfortable. It is advisable to enter a rehabilitation program before attempting to get pregnant.

The same can be said for those who are also struggling with a prescription or illegal drug use. For a developing baby, the use of illegal substances can cause a multitude of issues on the baby. There is an abundance of resources available to help expecting mothers with prior substance issues.

When managing overall health, a healthy balance of diet and exercise is crucial for a mother to adhere to. While this is good for anyone, it is especially important for pregnant women because they are also taking care of the developing baby. In addition to eating healthy foods, pregnant women should also get a regular dose of folic acid.

Folic acid plays an important role during pregnancy because it helps prevent a few major birth defects, particularly in the baby?s brain and spine. Pregnant women may eat foods with natural folates such as breakfast cereal, beans, corn masa flour, spinach, and bread. Drinking orange juice is also a good idea because it is rich in folic acid.

If not yet pregnant, but plan on being soon, Discovery Point Retreat recommends taking folic acid at least one month before becoming pregnant and then continue during pregnancy. There are many prenatal vitamins that contain the recommended dosage needed.

For women taking medication, be sure to check with one?s healthcare provider before stopping or starting any medicine. Most women need to take medicine to stay healthy during pregnancy. Discuss current medicines with a healthcare provider.

Another important tip on how to prevent birth defects is to become up-to-date with all vaccines, including the flu shot. Vaccines help protect the developing baby against serious diseases. Also, get vaccines for whooping cough during each pregnancy to protect the mother and the baby.

If possible, try to reach a healthy weight before getting pregnant. This applies to those who are underweight,

or overweight. Obesity increases the risk of several serious birth defects and other pregnancy complications. Talk with a healthcare provider about ways to reach and maintain a healthy weight before becoming pregnant.

In general, it is important to focus on a lifestyle that includes healthy eating and regular physical activity.

For those who are struggling with substance use disorder and addiction, Discovery Point Retreat is here to help. Proper addiction treatment can help keep everyone involved safe. Contact Discovery Point Retreat today at (855) 306-8054 and learn more about the different rehab programs available.

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For more information about Discovery Point Retreat - Alcohol & Drug Rehab Dallas, contact the company here:Discovery Point Retreat - Alcohol & Drug Rehab DallasGreg Powers469-643-4022gpowers@discoverypoint.com6500 Greenville Ave Suite #770, Dallas, TX 75206, United States

Discovery Point Retreat - Alcohol & Drug Rehab Dallas

Discovery Point Retreat in Dallas Texas is the leading addiction treatment center in the great Dallas, Fort Worth area. Specializing in outpatient and inpatient therapy for alcohol drugs and RX addiction.

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