Garden Heights Recovery Publishes New Article On A Successful National Birth Defects Awareness Campaign

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Garden Heights Recovery, a leading addiction treatment center in Jersey City New Jersey that caters to New York City working commuters. Garden Heights Recovery has just published an article discussing public awareness of birth defects, their causes, and their impact on the lives of different families. The increased effort is due to National Birth Defect Prevention Month, which happens in January.

While not all birth defects can be prevented, parents can increase the chances of having a healthy baby by managing their own health conditions and adopting healthy behaviors, especially before and during pregnancy. Taking care of one?s own body ultimately gives the best chance for the baby to be born healthy.

According to Garden Heights Recovery, one tip that will help prevent birth defects is to take 400 micrograms (mcg) of folic acid every day. Folic acid is important because it can help prevent some major birth defects of the baby?s brain and spine.

The goal of all expecting mothers and couples that are trying to get pregnant is to be as healthy as possible

before getting pregnant and maintaining this condition throughout the baby?s development. Try to reach a healthy weight before getting pregnant. Obesity increases the risk of several serious birth defects and other pregnancy complications. Whether underweight or overweight, Garden Heights Recovery encourages readers to talk with a healthcare provider about ways to reach and maintain a healthy weight.

Focus on a lifestyle that includes healthy eating and regular physical activity.

This goes without saying that the mother should avoid all harmful substances during pregnancy. This includes alcohol, tobacco, and other drugs. There is no safe amount of alcohol during pregnancy, or even when trying to get pregnant. Drinking alcohol can cause problems for a developing baby throughout pregnancy. The same can be said for tobacco and illicit drugs.

When dealing with alcohol use disorders, such as alcoholism, Garden Heights Recovery provides addiction treatment services that are designed to specifically keep a mother safe and comfortable. When dealing with both drug- and alcohol addiction, it?s advised to enter a treatment program before getting or trying to get pregnant. There are many complications that can happen and cause birth defects, developmental disabilities or both.

As stated above, not all defects are preventable but a good way to help combat birth defects for mothers is to ensure that they are receiving enough folic acid in their diets. Diet and exercise are both key factors in having healthier pregnancies. Folic acid is important because it helps prevent major spine and brain defects as the baby develops. Folic acid can be found in foods like orange juice. Breakfast cereals, beans, and spinach.

Another tip for pregnant mothers is to prepare their meals in advance. Mothers can ensure that they are getting the correct amounts of vitamins, antioxidants and folic acid. When crafting a diet and exercise regiment, it?s important to consult one's primary care physician beforehand.

During pregnancy, many women need to take certain medications in order to stay healthy. Discussing current medicines with a healthcare provider is very important. If readers are going to stop or start taking any medicine, be sure to consult with one?s doctor or pharmacist beforehand as all pregnancies are different.

Finally, it?s important to stay up-to-date with all vaccines, including the flu shot. Vaccines not only protect the mother but also the developing baby against serious diseases. Get a flu shot and whooping cough vaccine during each pregnancy to help protect the baby.

Garden Heights Recovery reminds parents to stay healthy not only during National Birth Defects Month but all throughout the pregnancy. Garden Heights Recovery Inc provides an array of addiction treatment programs designed to meet the individual needs of each client, so if the mother has substance abuse

problems, they know who to contact. Call Garden Heights Recovery Inc today at (201) 275-0181 and learn more about the different addiction treatment programs being offered.

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For more information about Garden Heights Recovery- Alcohol & Drug Rehab Jersey City, contact the company here:Garden Heights Recovery- Alcohol & Drug Rehab Jersey CityDavid Freeman855-208-4908dfreeman@gardenheightsrecovery.com26 Journal Square Plaza Suite 1202 Jersey City, NJ 07306

Garden Heights Recovery- Alcohol & Drug Rehab Jersey City

Garden Heights Recover ywas founded by addiction recovery professionals dedicated to helping those in need to overcome substance abuse. We serve communities across New Jersey and the United States for drug, alcohol & RX addiction.

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