



Golden Peak Recovery in Denver Celebrates Successful National Birth Defects Prevention Month With New Article

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January was National Birth Defects Prevention Month. In line with this, Golden Peak Recovery has shared some easy tips on how parents can reduce the likelihood of birth defects in their child. As a leading addiction treatment center for drugs and alcohol in Denver Colorado, Golden Peak wants to bring more awareness into the addiction community about the impact of substance abuse and pregnancy. This was a part of the nationwide effort to raise awareness of birth defects, their causes, and their impact on families all over the world. Read the full article [here](#).

Golden Peak Recovery reminds soon to be parents that not all birth defects can be prevented. However, this Niznik behavioral health facility has many valuable insights on how parents can increase their chances of having a healthy baby.

According to Golden Peak Recovery, pregnant women and those attempting to get pregnant should adopt healthy behaviors like protecting their babies from harmful substances such as drugs, alcohol, and tobacco. All of these substances can significantly increase the chances of having a baby born with birth defects or

developmental issues.

By taking care of one's self, expecting mothers are also taking care of their unborn child. There is no known safe amount of alcohol, drugs or tobacco that an expecting mother can use when with a child. Developmental issues can happen all throughout pregnancy and this is why mothers should immediately stop consuming these substances before trying to get pregnant.

Golden Peak Recovery offers addiction treatment services for those who are currently struggling or have struggled with addiction issues in the past. The overall goal is to keep mothers safe and comfortable during their time at our Niznik facility. When attempting to get pregnant, Golden Peak Recovery does recommend entering a rehab program beforehand to ensure a much lower-risk pregnancy.

If an expecting mother is dealing with illegal or prescription drug issues, the same policies are also advisable. A mother should enter into a treatment program beforehand or else the use of illegal substances may cause an abundance of issues on the baby's development. There is a multitude of resources that are available to mothers who have had substance abuse issues prior.

To help minimize birth defects, it is recommended that an expecting mother create a healthy balance of exercise and overall diet. This helps with the overall development of the child and can lead to lower-risk pregnancies.

In addition to a healthy diet and exercise, obtaining the recommended daily amount of folic acid, vitamins, minerals, and antioxidants are vital to a mother who is with a child. Folic acid is important as it helps to prevent defects in the baby's brain and spine. Foods that are rich in folic acid include orange juice, breakfast cereals, spinach, and bread. There are also many prenatal vitamins that are full of folic acid that can help mothers reach the recommended dosage needed daily.

It is also important to reach a healthy weight before getting pregnant. Obesity increases the risk of several birth defects. It may also cause some complications during pregnancy. The same can be said for being underweight while pregnant.

Talk with a healthcare provider about how to reach and maintain a healthy weight before and during pregnancy. It is not about the size of clothes, it's about the overall health of the mother and the baby. The focus should be on developing a lifestyle that incorporates proper diet and exercise. Regular physical activity and healthy eating can go a long way in terms of preventing birth defects.

Remember that drugs can cause health problems, not only for the pregnant woman but also for the baby.

These addictive substances can cause problems for a developing baby throughout pregnancy. Golden Peak Recovery helps clients overcome substance abuse and addiction, knowing that the journey towards recovery is both mental and emotional.

This Niznik behavioral health facility has a compassionate and experienced team of behavioral health and medical professionals who are dedicated to each client's personal success story. Each treatment plan is personalized to suit the client's individual needs. Contact Golden Peak Recovery today at (720) 833-1065 to learn more.

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For more information about Golden Peak Recovery- Alcohol & Drug Rehab Denver, contact the company here: Golden Peak Recovery- Alcohol & Drug Rehab Denver Bruce Santiago 720-833-1065 bsantiago@goldenpeakrecovery.com 4411 E Kentucky Ave, Glendale, CO 80246

Golden Peak Recovery- Alcohol & Drug Rehab Denver

A premier treatment center in CO, that helps clients remain focused on long-term sobriety through continued care services including partial hospitalization (PHP), intensive outpatient programs (IOP/OP), and aftercare planning. Drug, Alcohol & RX care.

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