Hope Canyon Recovery in San Diego Publishes Article On National Birth Defects Prevention Month

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The National Birth Defects Prevention Month, observed annually every January, is a nationwide effort to raise awareness about the effects, causes, and impact of birth defects. Hope Canyon Recovery showed its support for this advocacy by sharing a few important pieces of advice for pregnant women who want to reduce the likelihood of birth defects. Read the article here.

What pregnant women should know is that not all birth defects can be prevented. But it is possible to increase the chances of having a healthy baby by simply adopting healthy behaviors before and during pregnancy.

Hope Canyon Recovery in San Diego reminds parents that protecting the baby means avoiding harmful substances that can cause problems during pregnancy. A pregnant woman can boost her health and avoid any adverse side effects by staying away from harmful substances such as alcohol, tobacco, and illicit drugs.

There is no known safe amount of alcohol, tobacco, and drugs during pregnancy. The same can be said for couples who are trying to get pregnant. Alcohol can cause problems for a developing baby all throughout

pregnancy. This is why it is important to stop drinking alcohol when trying to get pregnant?and especially during pregnancy.

For those who are struggling with alcohol use disorder, also known as alcoholism, Hope Canyon Recovery can provide addiction treatment services that are specially designed to keep one safe and comfortable. It is advisable to go through rehab for an addiction first before trying to get pregnant.

The same goes for people who are abusing illicit or prescription drugs. Substance abuse can cause a slew of complications for a developing baby. If an expecting mother or couple has dealt with prior substance abuse issues, there are many resources available to help stay on track in recovery.

In regards to overall health, Hope Canyon Recovery recommends expecting mothers to take folic acid every day. The reason folic acid is so important is because it helps prevent major brain and spine defects.

Some birth defects develop during the early stages of pregnancy, which hinders the development of a healthy baby. By taking folic acid for at least one month before becoming pregnant and continuing through pregnancy, expectant mothers lower the risk of birth defects on their unborn child.

Another tip that pregnant women is to plan meals accordingly. In doing so, mothers can eat foods that are naturally rich in folic acid, vitamins, and antioxidants. Some recommendations are bread, breakfast cereal, oranges, spinach, and beans. Pregnant women should make sure to speak with their primary care doctor when developing a diet surrounding their pregnancy.

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 mothers are going to stop or start taking any medicine, be sure to consult with one?s doctor or pharmacist beforehand as every pregnancy and mother is 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.

Hope Canyon Recovery can help combat the effects of addiction by providing top quality rehabilitation services. Hope Canyon Recovery is committed to helping people achieve lasting sobriety.

Contact Hope Canyon Recovery at (619) 343-2395 today to get the support needed to stay on the road to recovery.

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For more information about Hope Canyon Recovery- Alcohol & Drug Rehab San Diego, contact the company here:Hope Canyon Recovery- Alcohol & Drug Rehab San DiegoBonni Cardoza619-343-2395bcardoza@hopecanyonrecovery.com2821 Lange Ave San Diego, CA 92122

Hope Canyon Recovery- Alcohol & Drug Rehab San Diego

Hope Canyon Recovery is the #1 substance abuse treatment center in San Diego California. Drugs, Alcohol and Prescription addiction. We can help you get sober.

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