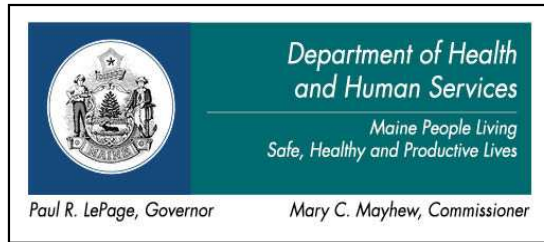




What if I have more questions?

Ask your prenatal care provider, baby's doctor or contact the Maine Birth Defects Program at the Maine Center for Disease Control and Prevention.



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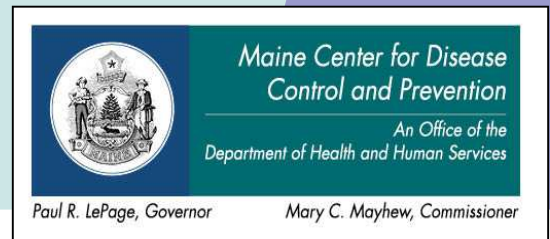
For more information about birth defects, contact your Doctor or the Maine Birth Defects Program

Maine CDC
Children with Special Health Needs
Birth Defects Program
286 Water Street
11 State House Station
Augusta, Maine 04333-0011
<http://www.maine.gov/dhhs/boh/cshn/index.html>

Phone: 207-287-8424
1-800-698-3624
TTY: 1-800-606-0215

Maine Birth Defects Program

Maine CDC Children with Special Health Needs



The Maine Birth Defects Program...

Work's with hospitals, primary care physicians, prenatal care professionals and other health care providers who diagnose birth defects.

Collects information on 22 Birth Defects.

The information is used to...

Assess the full impact of birth defects on Maine children and their families.

Improve access to specialty services for families.

Locate resources for emotional and economic support.

Monitor trends related to the prevalence of selected birth defects in Maine.

Decrease the incidence of birth defects through education of providers and the general public.

The program provides...

Referrals to care coordination, Child Development Services (CDS) and other services as requested.

Education and prevention information.

Data on selected birth defects in Maine.

The list of reportable birth defects includes:

Major heart defects

Neural tube defects

Oral facial defects (Cleft Lip and Palate)

Reduction deformities

Genitourinary defects (Hypospadias and Epispadias)

Down Syndrome (Trisomy 21)

Gastroschisis & Omphalocele

Commonly asked questions...

What is a birth defect?

- Birth defects are structural or functional abnormalities that are present at birth.

What causes birth defects?

- 70% of birth defects have no known cause
- The remaining birth defects are caused by genetic factors or the environment or a combination of the two.

Remember:

- Most babies with birth defects are born to parents with no known health problems or risk factors.
- Even if a woman does everything her doctor tells her, she may still deliver a baby with a birth defect.

What can be done to decrease the risk of birth defects?

- Don't drink alcohol, smoke or use illegal drugs.
- Get early and regular prenatal care
- Take 400 mcg a day of folic acid recommended by the Federal Center for Disease Control and Prevention.

Remember...

Many birth defects occur during the first 3 months of pregnancy. A woman's awareness of her personal health risks and behaviors are important before becoming pregnant.

How common are birth defects?

- One of every 33 babies in the United States is born with a birth defect.
- There are several thousand birth defects identified.
- Some of the most common birth defects affect the heart. Heart defects make up about 1/4 to 1/3 of all birth defects.
- In every 1,000 births, hearing loss affects 3 to 4 babies.
- Other birth defects include neural tube defects which are defects of the spine and brain, Cleft lip and palate, Hypospadias found in male babies and Down Syndrome.