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Nutritionists Role in Spinal Bifida



What is the role of nutritionists?

Good nutrition for women is one of the most important **pillars of women's health** before, during and during pregnancy, to ensure the preservation of the health and safety of the mother and her fetus. The meaning of good nutrition is the quality of food where it is more important than its quantity. One of the benefits of proper nutrition is to help the body cope and adapt to the additional requirements of the body with the progress of pregnancy. This supports the primary goal, which is to achieve a **balance between supporting fetal growth and maintaining a healthy weight by getting adequate nutrients from complete and healthy nutrition.**



Are there any tips I should follow before pregnancy?

Planning for pregnancy can increase the chances of a healthy baby. It's especially important for women **under 20 or over 30**, those with chronic health conditions, or anyone with concerns to see a doctor before trying to conceive.

Some information to know during the pre-pregnancy visit:

A. Chronic diseases, medications, or dietary supplements:

Women with obesity or chronic conditions like **diabetes, asthma, hypertension, thyroid issues, or epilepsy** should manage their conditions before getting pregnant. Medications, herbs, or supplements might need to be adjusted or stopped during pregnancy, so it's important to consult a healthcare provider.

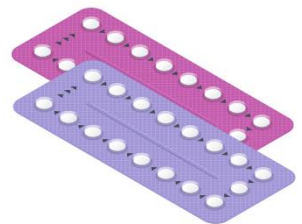
Are there any tips I should follow before pregnancy?

B. Folic acid:

Women trying to get pregnant should take **400 micrograms** of folic acid daily until the 12th week of pregnancy to reduce the risk of birth defects. Women with epilepsy, diabetes, or a previous child with birth defects should take **5 milligrams** of folic acid.

C. Maintain healthy weight:

Being **overweight or obese** can increase the risk of **pregnancy complications** like high blood pressure, blood clots, and gestational diabetes. Maintaining a healthy weight through a balanced diet and exercise can help prevent these issues.



Are there any tips I should follow before pregnancy?

D. Quit smoking:

smoking can lead to health problems in babies, including premature birth, low birth weight, and sudden infant death syndrome.

E. Quit alcohol:

Exposure to alcohol can harm the developing fetus. Too much exposure may affect the child's development.

What is the importance of good nutrition during pregnancy?

A. Build bones and blood cells of the fetus. Reduce pregnancy hassles and problems.

What is the importance of good nutrition during pregnancy?

- B. Strengthening immunity for the Prevention of infectious diseases.
- C. Prevention of iron deficiency anemia.
- D. Strengthen the body in preparation for childbirth.
- E. Enhance the composition of milk for breastfeeding.



What are good dietary supplements?

1. **Iron**: to keep the mother from getting iron deficiency anemia, as well as to help move the blood to the fetus and provide the most oxygen possible.
2. **Folic acid**: prevents the fetus from developing spina bifida.

What are harmful dietary supplements?

1. **Avoid excessive vitamin A intake**, including dietary supplements, since it can damage the baby.
2. Dietary supplements do not replace proper diet.



Why is folic acid crucial for a healthy pregnancy?

- Prevents neural tube defects: Not enough folic acid can lead to serious birth defects like spina bifida and anencephaly.
- Reduces risk of other problems: Folic acid may also help prevent cleft lip/palate, premature birth, low birth weight, miscarriage, and poor fetal growth.
- Benefits for the mother: Taking folic acid may also lower the risk of pregnancy complications like preeclampsia and reduce the risk of heart disease and stroke later in life.



How much folic acid do you need?

- Most women: 400 micrograms (mcg) daily before and during pregnancy.
- Women with a previous neural tube defect: 4000 micrograms (mcg) daily.

By taking folic acid, you can significantly improve the chances of a healthy pregnancy.

While there is some evidence suggesting that folic acid may also reduce the risk of certain cancers and Alzheimer's disease, more research is needed to confirm these benefits.

Sources and References:

All illustrative images from www.canva.com

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