

Remember to Stress Folic Acid Importance

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Women and their physicians will be reminded about the importance of folic acid in the prevention of birth defects during National Folic Acid Awareness Week, January 8-14, sponsored by the National Council on Folic Acid.

With the theme, "Go Get Folic Acid Now," this year's event will focus on the need for every woman who is able to get pregnancy to take 0.4 milligrams of folic acid every day.

On the event website, practitioners can find helpful education resources, including downloadable brochures. In addition, free consumer materials can be ordered through the website, including brochures in Spanish and English, bookmarks, and stickers that providers can wear and share with their patients.

ACOG is a founding member of the National Council on Folic Acid, which was created in 1998 to educate the public about the benefits of folic acid. ACCOG recommends that all women who may become pregnant take 0.4 milligrams of folic acid daily. Women who have previously had a child with a spine or skull defect should take 4 milligrams daily.

Info

www.folicacidinfo.org