



Here are some ways to stay healthy **EVERY DAY**:

Exercise - 30 minutes daily
Vitamin - 400 micrograms of folic acid daily

Educate yourself about medicines and toxins that can cause birth defects

Reproductive life planning
Yearly doctor visits to discuss physical and mental wellness

Diet - vegetables, fruits and whole grains daily
Avoid tobacco, drugs and alcohol

Your partner, friends, and family should be sources of support

Medications

Certain medicines are important for your health. But, some medicines can cause birth defects. If there is any chance that you could get pregnant, talk to your doctor about all of the medicines you are taking. Also talk to your doctor about any natural medicines, diet pills, or sports supplements you are taking. If you are taking medicines that could harm a pregnancy, use birth control so you don't get pregnant.

Here are some of the medicines that can cause birth defects and other problems. If you are not sure if you are taking one of these medications, talk to your doctor.

- Isotretinoin (Accutane)- used to treat acne
- Anti-epileptic (anti-seizure) medications, such as Carbamazepine, Phenytoin, and Valproic acid
- Warfarin (Coumadin)- a blood thinner
- Some blood pressure medications including Angiotensin-converting enzyme inhibitors and Angiotensin II receptor blockers
- Some cholesterol medications including HMG-CoA reductase inhibitors (statins)
- Lithium- used to treat bipolar disorder and depression
- Some antibiotics including Streptomycin, Kanamycin, and Tetracycline. Some antibiotics can also cause birth control pills to not work. Use a back up method of birth control, such as condoms, while taking antibiotics.
- Thalidomide- used to treat erythema nodosum leprosum and certain types of cancers, such as multiple myeloma.

To learn more about specific medications that can affect pregnancy, go to: <http://ctispregnancy.org/AboutUs> or call 1-800-532-3749.



www.everywomancalifornia.org