Birth Defects Caused by Lifestyle and Environment

Unit 2 Section C

Groups 3 and 9 go into the center
Filter Butterfly

1. Color the filter with the markers.
2. Squirt it with the squirt bottle until it is damp NOT dripping.
3. Scrunch it up in the middle and wrap the pipe cleaner around it.
4. Bend down the antennas.
5. Hang up your butterfly in place of your Beanie Baby.
6. Take your tissue paper painting off of the counter.
Health and Nutrition

1. **20 – 35** Optimum age to have a baby is during these years.

2. **weeks** The first 6 are the most crucial for development. Mom doesn’t even know she is pregnant.

3. **weight gain** is the recommended amount for a pregnant woman who is 24-30 pounds.

4. **calorie intake** The recommended amount is 2500 calories for a pregnant woman vs. 2200 calories for the average woman.

5. **food guide pyramid** Follow this to ensure a pregnant person gets a proper diet and amounts of nutrients.
6. **folic acid** Lack of this nutrient contributes to a neural tube defect which will occur before the mom even knows she’s pregnant.

**Neural Tube Defect**

- **Spina Bifida**
Health and Nutrition

7. (6) feeding a fetus When it comes to distributing nutrients, the mom’s body meets her need’s first and then the fetus scavenges for what nutrients are leftover.

8. (7) malnutrition This is the number one cause of birth defects.

9. active Maintain this lifestyle throughout the pregnancy.

10. Rest and Relaxation Get a lot of both of these. Practice techniques that will help you to stay calm and keep your heart rate low.

11. immunization shots Make sure these are up-to-date before you get pregnant to avoid any unwanted illness.
Health and Nutrition

- **rubella** Also known as German Measles, does not affect the mom but will affect a developing fetus by causing them to be blind, deaf, retarded, or dead.

- **medication** Only use this, in any form, under doctor’s care— even for a little headache or cold.

- **general anesthetic** Avoid this during pregnancy. The dentist and that cavity can wait.

- **prenatal doctor visits** Get this early on in the pregnancy and throughout it. Receive 13 check-ups before you deliver.

- **blood type** Know this and your RH type to prevent a blood incompatibility between you and your partner.
CHILD ACTIVITY

BUTTERFLY

- Color on the filter – any design(s) and any color(s).
- Hold the filter between your fingers and spray it lightly with water – watch the colors blend together.
  - Set it aside to dry
- Once it is almost dry, pinch the middle of the filter together like a bow tied and fan out the wings.
- Wrap a ½ piece of pipe cleaner around the middle – leave some sticking out the top to bend for the antennas.
  - Hang it up!
17. **STD’s** Like Herpes, AIDS, syphilis, and Chlamydia, will cause major birth defects or death to the fetus.
Lifestyle and Habits

18. **sexually active** If this is you, male or female, you should act, do and think as if you are pregnant so as not to harm the developing fetus. Better to be cautious then to harm your baby.

19. **radiation** Including x-rays will cause gene mutilation of the nervous system and the brain to stop developing which will equal retardation.

20. **pollutants** This is found in the air and causes severe malformation, physical defects, and cerebral palsy so be careful what you breath.

21. **caffeine** This is still being studied, but in large quantities of coffee or certain sodas it can cause malformations, miscarriage, or premature births.
22. **tobacco** Using or smoking this restricts blood flow, oxygen and nutrients to developing fetus. It crosses the placenta and harms the fetus’s developing organs and causes growth retardation.

23. **alcohol** When the mom drinks this, it bleeds thru to the baby and the baby ends up with the same blood alcohol level as the mom. This will stay with the baby for 2 times longer than it will with the mom.

24. **Fetal Alcohol Syndrome** (FAS) In large quantities, alcohol causes FAS because the fetus does not process the alcohol as well as the mom. It is a combination of mental and physical birth defects like: facial abnormalities, retardation, learning disabilities, emotional problems, liver disease, and possible alcohol addiction. Most of these are evident at birth. A direct result of mom drinking during pregnancy.
Alcohol use during pregnancy is the leading known preventable cause of mental retardation and birth defects in the United States.

### Estimated Cases Each Year

<table>
<thead>
<tr>
<th>Condition</th>
<th>Cases per Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Muscular Dystrophy</td>
<td>10,000</td>
</tr>
<tr>
<td>Spina Bifida</td>
<td>25,000</td>
</tr>
<tr>
<td>Down Syndrome</td>
<td>20,000</td>
</tr>
<tr>
<td>FASD</td>
<td>50,000</td>
</tr>
</tbody>
</table>

FASD affects an estimated 40,000 infants each year—more than Spina Bifida, Down Syndrome and Muscular Dystrophy combined.

“Of all the substances of abuse (including cocaine, heroin and marijuana), alcohol produces by far the most serious neurobehavioral effects in the fetus.”

*Institute of Medicine, 1996.*

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Normal Brain  Severe FAS-Affected Brain

FAC-ES IN FETAL ALCOHOL SYNDROME

- microcephaly
- short palpebral fissures
- flat midface
- indistinct philtrum
- thin upper lip
- epicanthal folds
- low nasal bridge
- minor ear anomalies
- short nose
25. **street drugs** Using these cause avoidable tragic birth defects. With each puff, pop, shoot, or snort, the mom poisons her fetus. Heart attacks, stroke. Seizures, malformations, miscarriages, stillbirth, SIDS, neurological problems, irritability, unresponsive tremors, low birth weight, and abnormal vision are just SOME of the effects on the baby.

- **Thalidomide**

**Drug Related Birth Defects**
Lifestyle and Habits

26. withdrawal The fetus and baby must go thru this just like the “loving” user mom will, but it is much worse on them.

27. toxins Like what you might find in cat litter boxes, on stray cats, in poorly cooked meats, cleaning supplies, paint, and lead, can lead to birth defects or deaths to developing fetus.
PREGNANCY COMPLICATIONS AND PROBLEMS

- 28. **premature** This birth occurs at least 2-3 weeks before prenatal development is complete.

- 29. **low birthweight** This is when the baby weights less than 5 ½ pounds at birth even if it has spent the full 40 weeks in uterus.

- 30. **miscarriage** When the baby is involuntarily expelled from the mom’s body because it’s incapable of surviving.

- 31. **stillborn** When the fetus appears to be developmentally normal, but for some reason is born dead.