



FOR IMMEDIATE RELEASE

SB&H Focuses on Folic Acid Awareness

Folic acid website aims to create ongoing awareness and prevent risk of neural tube defects

TORONTO – April 5, 2011 – The Spina Bifida & Hydrocephalus Association of Ontario (SB&H) has launched a revitalized website focused on the benefits of folic acid in reducing neural tube defects such as spina bifida.

Featuring the latest in news and research reports, personal stories, a question of the month and more, the site aims to reduce the incidence of neural tube defects (NTDs) by promoting the consumption of folic acid – a B vitamin proven to help reduce the risk of NTDs by as much as 70% if taken before pregnancy and during the first trimester.

Too many women remain unaware of the benefits of folic acid, when to take it or where to find it. The updated website – the only one of its kind in Canada – aims to change that and by regularly adding new information to ensure women of childbearing age and health professionals have access to all of the information they need to make informed decisions and spread the right message.

Special sections on the site focus on the additional needs of high-risk women and highlight foods that are natural sources of folic acid (known as folate). There is also an online discussion forum, educational resources, clinical practice guidelines, a Community Action Guide and information on campaigns designed to raise both awareness and funds in support of SB&H's efforts.

To learn more about how folic acid is making a difference and how you can help, please visit www.folicacid.ca.

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About SB&H

The Spina Bifida & Hydrocephalus Association of Ontario (SB&H) has been committed to making a positive difference in the lives of individuals with spina bifida and/or hydrocephalus for 38 years. Part of that commitment includes supporting research and prevention efforts designed to reduce and ultimately eliminate the risk of children being born with spina bifida. For more information, visit www.sbhao.on.ca.

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