



SB&H Fast Facts

Q: What is SB&H?

A: The Spina Bifida & Hydrocephalus Association of Ontario (SB&H) is a charitable organization committed to making a positive difference in the lives of those with spina bifida and/or hydrocephalus by supporting them and their families with the challenges brought on by these serious disabling conditions.

Q: How long has SB&H been helping those with spina bifida and/or hydrocephalus?

A: SB&H was registered as a charity in 1973 and has been helping individuals and families affected by spina bifida and/or hydrocephalus ever since.

Q: How does SB&H help?

A: SB&H provides a full range of services in order to fulfill our mission: "To build awareness and drive education, research, support, care and advocacy to help find a cure while always continuing to improve the quality of life of all individuals with spina bifida and/or hydrocephalus." We provide a comprehensive and essential range of services, including a helpline, an online discussion forum, community clinics, a quarterly magazine, a resource library, support materials for awareness campaigns, and research support. We also serve the broader community, including parents who receive a prenatal diagnosis of spina bifida and/or hydrocephalus; extended family members; a wide spectrum of professionals in the social services, medical, health and education fields; and all women of childbearing age regarding the benefits of folic acid in the prevention of these types of birth defects.

Q: Why is SB&H so committed to promoting folic acid?

A: Neural tube defects (NTDs) such as spina bifida occur during the first four weeks after conception – before most women even know they're pregnant. Taking a minimum of 0.4 milligrams of folic acid three months before conception and during the first trimester can reduce the risk of having a baby born with an NTD by as much as 70%. If we can spread the message to all women of childbearing age and get them to start taking a multivitamin containing folic acid, we can help reduce the prevalence of birth defects in newborns.

Q: How can I help SB&H?

A: You can help us to raise awareness and much-needed funds. SB&H receives no government money and generates 100% of its operating budget through fundraising. We need people to spread the message about folic acid and all we do to help those affected by spina bifida and/or hydrocephalus, and to put together local events to raise money to further support our efforts.

**For more information and to access campaign materials, please visit
www.sbhao.on.ca or www.folicacid.ca.**