

# Coordinated Student Health Services Newsletter

## “Children need to learn to be healthy and be healthy to learn”

National Health Observances for January:

- Birth Defect Prevention Month
- Cervical Health Month



### Birth Defects

About one in every 33 babies is born with a birth defect. Not all birth defects can be prevented. As a woman, you can take steps to increase your chance of having a healthy baby.

#### Tips for preventing birth defects

- Plan ahead and start taking 400 mcg of folic acid daily
- See your healthcare provider regularly
- Avoid alcohol, cigarettes, marijuana and street drugs
- Maintain a healthy weight and keep diabetes under control
- Talk to your healthcare provider before taking any medications

### Cervical Health

All women are at risk for cervical cancer. It occurs most often in women over 30. Each year, about 12,000 women are diagnosed with cervical cancer, in the United States and about 4,000 die from it.

Cervical cancer can often be found early, and sometimes even prevented, by having regular Pap tests. If detected early, cervical cancer is one of the most successfully treatable cancers.

Women with early cervical cancers or pre-cancers usually have no symptoms. Symptoms usually begin when the cancer becomes invasive and grows into the surrounding tissue. The most common signs and symptoms of cervical cancer are abnormal vaginal bleeding, unusual vaginal discharge and painful intercourse.

Some steps you can take to prevent pre-cancers include getting a Human Papilloma Virus (HPV) vaccine, using condoms during intercourse to prevent exposure to HPV, and not smoking.

### For additional information:

<https://www.cdc.gov/ncbddd/birthdefects/index.html>

<http://www.marchofdimes.org>

[www.cdc.gov/cancer/dcpc/resources/features/CervicalCancer/](http://www.cdc.gov/cancer/dcpc/resources/features/CervicalCancer/)

<http://www.cancer.org/cancer/cervicalcancer/>



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