A MINUTE OF HEALTH WITH CDC

Healthy Little Hearts

National Birth Defects Prevention Month — January 2012

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This program is presented by the Centers for Disease Control and Prevention.

Each year in the U.S., nearly 40,000 infants are born with a heart defect. Advances in the treatment of heart defects have improved the chance of living a longer, healthier life, however, many of these conditions can be prevented. Maternal risk factors for having a baby with a heart defect include obesity, smoking during pregnancy, and uncontrolled diabetes. Women can take some simple precautions before and during pregnancy to decrease their chance of having a baby with a heart defect. Lose weight if you're overweight, don't smoke, and if you have diabetes, make sure it's under control before pregnancy.

Thank you for joining us on *A Minute of Health with CDC*.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.