

# STATE OF COLORADO

Bill Ritter, Jr., Governor  
James B. Martin, Executive Director

Dedicated to protecting and improving the health and environment of the people of Colorado

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Colorado Department  
of Public Health  
and Environment

Dear

Colorado Responds to Children with Special Needs, a program at the Colorado Department of Public Health and Environment that monitors birth defects in Colorado, would like to tell you about a very important health topic.

A woman who has had a child with spina bifida or another type of neural tube defect is at a higher risk for having a future pregnancy affected by a neural tube defect. The B-vitamin folic acid reduces the risk of spina bifida and other neural tube defects. Between 50% and 70% of neural tube defects can be prevented by consuming sufficient amounts of folic acid.

If you are not planning to become pregnant the Centers for Disease Control and Prevention (CDC) recommends that you consume 400 micrograms (0.4 milligrams) of folic acid every day.

If you are planning to become pregnant, you should consult with your health care provider about your need to consume 4 milligrams (4000 micrograms) of folic acid each day. This dose of folic acid should begin one month before you start trying to get pregnant and continue through the first three months of pregnancy.

Enclosed are some materials about the vitamin Folic Acid and its role in preventing neural tube defects. More information about folic acid and neural tube defects is available on the CDC web site at [www.cdc.gov](http://www.cdc.gov).

Please feel free to contact me if you have further questions. If you are calling outside of the Denver metropolitan area, you may dial our toll-free number at 1-800-866-2759 and leave a message with your name and phone number. Please mention that the message is for Margaret Ruttenger, so I can return your call.

Sincerely,

Margaret Ruttenger, Program Director  
Colorado Responds to Children with Special Needs  
(303) 692 2636

*enclosures: Reducing the Risk of a Neural Tube Birth Defect  
Every Woman Needs Folic Acid*



RESPONDS TO CHILDREN WITH SPECIAL NEEDS  
Public Health Program for Monitoring and Preventing Birth Defects  
Phone: (303) 692-2700 [www.cdphe.state.co.us/dc/crcnsn/crcnsnhome.asp](http://www.cdphe.state.co.us/dc/crcnsn/crcnsnhome.asp)