

JANUARY 2022

National Birth Defects Prevention Month

About 1 out of every 33 babies in the United States is born with a birth defect. These can be minor or severe, ranging from structural (e.g., cleft lip or spina bifida) to functional and developmental (e.g., Down syndrome or cystic fibrosis).

January is National Birth Defects Prevention Month. While not all birth defects can be prevented, there are some ways to increase your chances of having a baby not affected by congenital conditions or disabilities. It comes down to being your healthiest self both before and during pregnancy. Keep in mind that whatever's best for you is best for the baby. The Centers for Disease Control and Prevention recommends that you see your health care provider regularly and start prenatal care as soon as you think you may be pregnant.

Contact us to learn more about establishing a healthy lifestyle before and during pregnancy.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cervical Health Awareness Month National Birth Defects Prevention Month National Glaucoma Awareness Month National Radon Action Month Thyroid Awareness Month						
						1 New Year's Day
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17 Martin Luther King Day	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

The Reschini Group

922 Philadelphia St Indiana, PA 15701

Tel: 724.349.1300 <http://www.reschini.com>