

Need for the consumption of folic acid preconceptionally

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Folic Acid or Pteroylmonoglutamic acid belongs to Vitamin B complex. It helps in the development of neural tube, which closes by the 27th day of conception. It helps in preventing birth defects like spina bifida, cranium bifidum, encephalocele, meningomyelocele, meningocele & spontaneous abortion. Mostly, females confirm their pregnancy after 3rd week of conception. After which, the supplementation of folic acid will be too late. Here comes the need for taking it preconceptionally. Each year 3 to 4 lakh infants world wide are born with neural tube defects. Around 4000 pregnancies are affected by NTD each year in US. In a random test conducted during 1985-87 in South India, 40 out of 3500 were found with NTD. Out of nearly 2000 antenatal cases that visited our college hospital during the last 12 months, 5 were found to have NTD. Mrs.Santhi of age 23, belonging to class 4 socio economic group was diagnosed of having fetus with meningomyelocele at 9th month!! Folic acid was not taken by her preconceptionally or after conception. It's high time to spread awareness about the need for taking it preconceptionally. Prevention is better than cure. But here the actual scenario is that there is no cure. Just spreading awareness is not sufficient. Health Ministry must implement steps to supply folic acid to women in the child bearing age, atleast for those who belongs to below poverty line.

Biography

Anu Jacob has secured 22nd rank in Progressive Curriculum Management Examination conducted at the National Level for Std 2. She has published her collection of poems titled "Stream of Imaginations" while doing her class 8. She has also passed Grade 1 violin and Grade II piano exam conducted by Associated Board of Royal School of Music, UK. She secured first place in the essay writing competition in District level and second place in the state level on "A better Environment for a Better Life" organized by Ministry of Environment and Forest in connection with World summit on Sustainable Development. She has passed ICSE and AISSCE. Currently she is doing her III year MBBS course under Dr MGR University.

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