

# Talk to Your Pharmacist Today About:

## National Birth Defect Prevention Month JANUARY

THAT'S MY  
**PHARMACIST**<sup>SM</sup>



### DID YOU KNOW?

Every 4 1/2 minutes, a baby is born with a birth defect in the United States, which means that each year, nearly 120,000 babies are affected by birth defects.

Many birth defects can be prevented if you do the following:

- Do not smoke, drink alcohol or use "street drugs"
- Avoid second-hand smoke
- Control blood pressure and high blood sugar
- Avoid some medications; many common medicines and over-the-counter medications are unsafe to take when pregnant and may cause birth defects or other problems.

### WHAT CAN YOU DO?

Medication safety labels can be hard to read and understand. Ask your pharmacist about any medication you take if you are pregnant, plan to become pregnant or are breastfeeding.



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