

Your Future Together



*Health Information
You Need To Know*

What You Do Can Make a Difference

Congratulations on your new life together! Throughout your life you will have many opportunities to make choices and decisions. One of the first decisions relates to how you choose to list your name on your marriage license.

This booklet contains information about healthy choices that can make a difference for you and your family. Making the right health decisions and living a healthy lifestyle is important at any age. Please review the sections that may be important for you and save this booklet for future reference.

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The Name Equality Act of 2007

For more information, please contact the Office of Vital Record's customer service line at (916) 445-2684.

For Spanish speakers, please contact (916) 552-8084 or (916) 552-8086

This act allows one or both applicants for a California marriage license to elect to change the **middle or last names** by which each party wishes to be known after solemnization of the marriage. Changing one's name through this process can only be done at the time the marriage license is issued by the County Clerk or authorized Notary Public, as applicable. In addition, effective 01/01/2010 clerical errors in the new name fields may only be amended if the amendment is signed by the county clerk and one of the parties to the marriage.

Living a Healthy Lifestyle

Taking good care of your health can help you to look and feel your best. If you get pregnant, staying healthy will help you to have a healthy pregnancy later, if and when that happens. Here are a few tips:

Oral Health

Taking care of your mouth is important to your overall health and well-being. Oral pain and infection can make you feel sick, not eat or sleep well, and not enjoy an active lifestyle. Get a dental checkup if:

- you have not had one in over a year
- you are in pain
- have swollen bleeding gums, broken fillings or teeth

Your dentist will treat and help prevent these problems in the future. Teeth and gum care is as important as washing your hands or face.

- Brush your teeth with a soft toothbrush.
- Use toothpaste with fluoride at least twice a day.
- Floss your teeth every day.
- Limit sweets and sugary drinks to mealtimes only.

For more information on oral health, visit these websites: www.nidcr.nih.gov/oralhealth and www.mouthhealthy.org

Healthy Weight

Health is affected by weight. Find out if you are at a healthy weight by visiting www.cdc.gov/healthyweight/assessing/bmi. Eat healthy foods and get regular exercise to control weight. A healthy weight is important if you get pregnant. Women at an unhealthy weight may have trouble getting pregnant and are more likely to have babies with birth defects. Children of overweight women are more likely to be overweight themselves, putting them at risk for life-long health problems.

Physical Activity

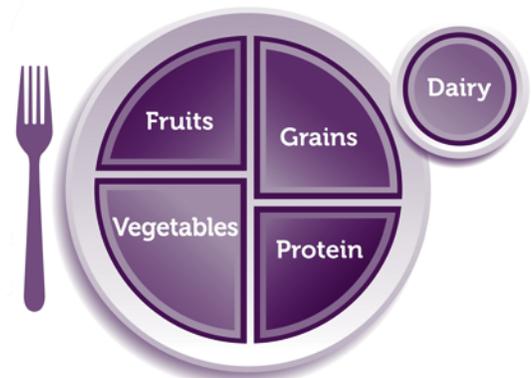
Exercise strengthens bones, heart, and lungs, and tones muscles. You may sleep better, have less stress and depression, and prevent constipation. Talk to your doctor if you have not been active and are planning to start an exercise program. Discuss what kinds of exercises are best for you. For most people, walking is one of the easiest and best forms of exercise.

How Much Do You Need Each Week?

Adults should get at least 2 hours and 30 minutes of moderate effort each week. Workouts should include both aerobic and strength building. Examples include walking, swimming, biking, push-ups, sit-ups and lifting weights. Each workout should last at least 10 minutes.

Balanced Eating

This picture shows the five food groups for a healthy diet using an image of a plate. Make half your plate vegetables and fruits, about one quarter grains and one quarter protein. Choose foods that are high in fiber and low in sugar, solid fats or salt (sodium).



Other Resources:

For food and physical activity:

www.choosemyplate.gov/SuperTracker/createprofile.aspx.

For pregnant or breastfeeding women:

www.cdph.ca.gov/programs/NutritionandPhysicalActivity/Documents/MO-NUPA-MyPlatefor-Moms.pdf

California Diabetes and Pregnancy Program Sweet Success Affiliates provide services for women with diabetes before and during pregnancy. Find services in your area at www.r-p-s.org/CDAPPResourceCenter.aspx

Women with PKU including hyperphe or variant PKU need to be on a special diet including medical foods prior to becoming pregnant and during pregnancy to prevent severe health problems in their babies. If you have PKU and think that you might already be pregnant, contact a PKU clinic immediately. For information on PKU and a list of clinics, visit www.cdph.ca.gov/nbs. Discuss your diet with your registered dietitian or doctor for food allergies or a health problem that requires food restrictions.

Some foodborne illnesses can harm your fetus if you are pregnant.

For food safety: www.foodsafety.gov/poisoning/risk/pregnant/chklist_pregnancy.html

Choose**MyPlate**.gov

Dietary Supplements

Not all people need to take a vitamin or mineral supplement. Talk to your doctor about whether you need a dietary supplement, including herbs.

Folic Acid: Every Woman, Every Day

Folic acid is an important B-vitamin that everybody needs at every age to be healthy. It is needed for the growth and repair of every cell in your body, including hair, skin and nails. For women of childbearing age, folic acid can reduce the risk of certain birth defects.

All women of childbearing age – whether they are planning a pregnancy or not – should consume 400 micrograms (mcg) of folic acid daily.

There are two ways to be sure to get the 400 mcg of folic acid every day:

1. Eat one serving of cereal with 100% of the daily value (DV) of folic acid. Many cereals do not have enough folic acid, so read the nutrition label on the box. To get all the folic acid, drink all the milk in the cereal bowl.

Or

2. Take a vitamin pill daily that has all the folic acid you need.

Up-to-Date Immunizations

Immunizations (also called vaccines or shots) help your body defend against serious diseases like whooping cough (pertussis) and influenza. Talk with your doctor about the vaccines that can protect your health.

Annual Check-Up

Visit your doctor and dentist yearly to stay healthy. Talk to your doctor about these other topics:

- Pap smear, breast exam, birth control.
- Vaccines
- Over-the-counter and prescription drugs
- Stress or depression that you are experiencing
- Existing diseases like diabetes, high blood pressure, anemia, thyroid, kidney and seizure disorders. These diseases can hurt your baby or get worse during pregnancy.

Domestic Violence

No matter how well two people may get along, they will disagree, get annoyed, or fight. People get tired, in a bad mood, or some other reason. They also use different ways to settle their differences. Domestic violence is more than just a disagreement or a spat. It is abuse.

What is Domestic Violence?

It is a pattern of action that an abuser uses to control and gain power over his or her spouse or partner. The abuse can occur in heterosexual as well as same-sex couples.

Domestic violence affects all kinds of people every day. Your race, religion, age, education, income, country of birth, or sexual orientation does not matter.

One out of four women and one out of fourteen men in this country suffer some kind of abuse at the hands of a spouse or partner. Nearly 5.3 million U.S. women are victims of domestic violence each year, resulting in 2 million injuries and 1,300 deaths.



What You Should Do if You Believe You Are a Victim:

If you are in an abusive relationship or your relationship becomes abusive, take steps to become safe and stay safe.

CRISIS INTERVENTION SERVICE	
Counseling Services . . .	
Shelter for B . . .	00-000-0000
Z F . . .	000-000-0000

Domestic Violence National Hotline 1-800-799-SAFE

- Trust your instincts and seek help. Talk with someone you trust, and call your local domestic violence agency listed under “Crisis Intervention” in the telephone book or the National Domestic Violence Hotline at **1-800-799-SAFE** or **1-800-787-3224 (TTY)**.
- Understand that the abuse is not your fault.
- Know that you and your children do not deserve to be hurt or to live in fear.
- Recognize that you are not alone and help is available.
- When seeking help on the Internet, use a computer that your abuser cannot access.

DOMESTIC VIOLENCE IS AGAINST THE LAW.

If you need emergency help, call 911 or the police immediately.

Domestic Violence Resources:

National Domestic Violence Hotline

1-800-799-SAFE (7233)

1-800-787-3224 (TTY)

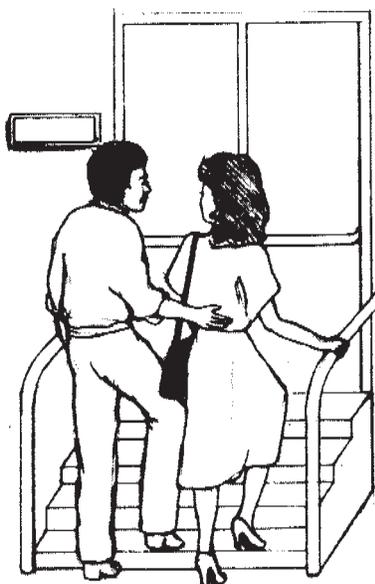
www.ndvh.org

National Sexual Assault Hotline

1-800-656-HOPE (4673)

www.rainn.org

HIV/AIDS



This information will help you decide if you need to take an HIV test.

HIV is the virus that causes HIV disease and AIDS. Everyone who has HIV has HIV disease, including people with AIDS. While there is no cure for HIV, drugs are available which can help people with HIV and AIDS live long and healthy lives.

How Do You Get HIV?

HIV is passed through unsafe sex, contact with blood, and drinking breast milk.

HIV can enter a person's body in these ways:

- Having unsafe sex with a person infected with HIV.
- Sharing syringes/needles with a person infected with HIV.
- A woman who has been infected with HIV may pass it on to her baby during pregnancy, delivery or through breastfeeding.

Should You Get Tested For HIV?

An “HIV Test” tells you if you have antibodies to HIV in your blood. You should be tested for HIV if:

- You are pregnant or thinking about getting pregnant. California law Requires **health care providers to tell pregnant women about HIV testing and that they can decline testing.**
- You or your sex partner have had unsafe sex with someone who may have HIV.
- You or your sex partner have shared used syringes/needles with someone.
- You or your sex or needle sharing partner had a sexually transmitted infection (STI).

The Centers for Disease Control and Prevention (CDC) recommends that everyone between the ages of 13 and 64 be tested for HIV at least once.

The Test Results

If you get a positive test result, it means you have HIV and can infect others **even if you do not feel sick right now.** See a health care provider right away if you have a positive HIV test result. If you need to find a health care provider in your area, call **1 (800) 367-AIDS (2437)** or visit the website: www.cdcnpin.org/ca/. If your test result is negative but you might have been exposed to HIV in the few weeks before you tested, you might be in the “window period” before the test result turns positive. The person doing your test might suggest that you follow up with a repeat test.

Where Do You Get the Test?

You can get a confidential HIV test from your health care provider, doctor, clinic, or county health department. To find out where to get a free HIV test in your area call **1 (800) 367-AIDS (2437)** or visit this website: www.hivtest.org.

Family Planning

Planning your family means choosing when you want to get pregnant and when you don't want to get pregnant. Private doctors, clinics and health departments can help you plan for either of these choices. Family planning services include:

- Choosing a birth control method
- Emergency contraception
- Help and advice with getting pregnant
- Pregnancy testing
- Testing for HIV/AIDS and other Sexually Transmitted Infections (STIs)
- Individual education and counseling

Family planning services are covered under the Medi-Cal Program, Family PACT, and many insurance plans. Most phone books provide a listing of local family planning providers under "Family Planning Information Centers."



The State's Family Planning, Access, Care and Treatment (Family PACT) Program provides comprehensive family planning services at no cost to eligible, low-income women and men, including teens.

Services include:

- Family planning education and counseling
- All FDA approved birth control methods

Other services can be provided during your family planning visit. These include:

- Pregnancy testing and counseling
- STI counseling including HIV
- Some STI screening and treatment
- Some cancer screening and referral

Genetic Diseases



Hair and eye color and general body build are passed down in the family from the parents to the child through genes. So are some health problems. They are called “genetic diseases.” They are not contagious. They cannot be “caught” like a cold. They can only be passed down to your children through genes. Genes are tiny bits of information contained in the father’s sperm and the mother’s egg that form a blueprint for the baby.

Some genetic diseases cause minor problems. For example, people with “color blindness” can’t see certain colors. Other genetic diseases are more serious. They can lead to mental retardation or even death. That is why it is important to find out if you are at risk of having a child with a genetic disease. If you have any known genetic disease in your family, ask your doctor for a referral to a genetic counselor.

Finding Out if You Can Pass on a Genetic Disease



There are tests for some genetic diseases. These tests can show if you carry one or more genes for a genetic disease. For many genetic diseases you can have one gene for the condition but not have the disease. A “carrier” has one gene for a genetic disease but does not have the disease. Carriers and people with a genetic disease can pass on the gene for this disease to their children.

You can be tested to see if you carry a gene for these diseases:

Sickle Cell Disease. This is found most often in African-Americans, and people whose families come from Mexico, Central America, India, the Middle East, and parts of Europe and Asia. Health problems can include severe pain and other problems.

Cooley's Anemia or Beta Thalassemia Major. This is most often found in people who are of Southeast Asian (and other Asian), Greek and Italian descent. Frequent blood transfusions are the main treatment for this disease.

Tay-Sachs. This is found most often in Jewish people of Central and Eastern European descent. Babies with this incurable disease become blind, deaf and paralyzed. They die by the time that they are 4 or 5 years old.

Familial Dysautonomia (FD). This rare disease is seen almost solely in people of Ashkenazi Jewish descent. The disease affects the autonomic nervous system. Symptoms include episodic vomiting, abnormal sweating, pain and temperature insensitivity, an inability to produce tears, scoliosis, and abnormal feeding and sucking difficulties. There is no cure for FD. Some treatments are available which can improve the length and quality of life.

Cystic Fibrosis (CF). This is a common genetic disease. There are currently over 1400 different CF gene mutations found. CF affects different body organs. They include the lungs, sinuses, digestive system, pancreas, liver, and reproductive system. Treatments are available which can improve the length and quality of life.

Genetic Counseling



A specially trained genetic counselor can help you understand your risk of passing on a genetic problem to your child. If you have any questions about diseases that run in the family, ask to talk with a genetic counselor before becoming pregnant. You should definitely talk with a genetic counselor if you answer “yes” to any of the following questions:

- Will you be 35 years of age or older when you become pregnant?
- Have you or your partner had a child with a birth defect or genetic disease?
- Is anyone in your family or your partner’s family mentally retarded?
- Have you or your partner or a close family member had...
 - any health problem known to “run in the family?”
 - a genetic disease or birth defect?
 - a baby who died during the first year of life?
- Do you or your partner carry a gene for a genetic disorder such as sickle cell anemia, cystic fibrosis, Tay-Sachs, or thalassemia?
- Have you had two or more miscarriages or stillbirths?
- Have you been diagnosed with diabetes or with seizures (epilepsy)?
- Are you related by blood to your partner (for example, cousins)?

Help When You Need It

You can find out more about genetic counseling and genetic disorders by calling one of the Referral Centers listed below.

List of Referral Centers for Genetic or Prenatal Testing Information

For referral information about genetic disorders, counseling and tests call any of these numbers:

- Northern California and Central Coast(800) 391-8669
- Central Valley(800) 237-7466
- Los Angeles Area.....(888) 330-9237
- Orange/San Bernardino Counties.....(877) 224-4373
- San Diego/Imperial/Riverside Counties.....(866) 366-4408
- Kaiser, Northern California.....(510) 752-6190
- Kaiser, Southern California.....(626) 564-3322

Healthy Choices When You Are Pregnant



Your health and the health of your baby are two important things to think about when you are pregnant. Go to your doctor or clinic for prenatal care as soon as you think that you are pregnant.

During the first three months of pregnancy the baby's brain, heart and other organs form. Tests done at this time will check on the health of your baby. You will also be given information on the best amount and type of foods, exercise and rest for you and your growing baby.

Babies are healthier when breastfed. When you are pregnant, talk to your doctor about breastfeeding. The California Department of Public Health has information about breastfeeding in their website: www.cdph.ca.gov/breastfeeding.

Healthy Choices

When you are pregnant, what you eat and drink helps your baby grow. Stay away from things that can harm your baby.

Remember...



- Don't drink alcohol. Wine, including wine coolers, beer and hard liquor can cause your baby to be born with mental and physical health problems. There is no known safe amount of alcohol use at any time during pregnancy.
- Don't smoke. Smoking can cause you to have a small baby. Small babies have more health problems than babies born with normal birth weights.
- Don't use street drugs. Marijuana (pot), cocaine, PCP, heroin and speed can cause serious problems before and after your baby is born.
- Don't take any prescription or over-the-counter drugs, like aspirin or cold tablets, without first checking with your doctor, clinic staff or pharmacist. Make sure that they know you are pregnant when you ask them about the medicine.
- Talk to your doctor about any herbal or dietary supplements you are taking or planning to take.
- Get a dental checkup if you have not had one in the last six months, or if a new problem has developed or is suspected. It is safe to have dental care when you are pregnant. Do not put it off until after you have your baby.

Infectious Diseases That Can Harm Your Baby

Certain infections while you're pregnant need special care. These infections can be very harmful to you and your baby.

HIV/AIDS. Drugs to help prevent a baby from getting HIV from the mother are available. If you are HIV positive, see your doctor as soon as possible after you become pregnant. If you don't know your HIV status, get tested for HIV before getting pregnant or during your pregnancy.

Herpes. If you or your partner have genital herpes, or if your partner has cold sores (oralabial herpes) but you don't, tell your doctor or clinic staff. If your partner has herpes your doctor may want you to get tested to see if you have herpes, even if you don't have any symptoms. If you have herpes, your doctor may ask you to take medicine at the end of your pregnancy. If you have a herpes outbreak close to the time of delivery you may need a C-section to reduce the risk that your baby gets infected.

Syphilis. If you have untreated syphilis during pregnancy, you can pass the infection to your baby. Untreated syphilis infection can cause serious problems during pregnancy, including a higher risk of stillbirth or birth to a baby who dies soon after birth. Some infected babies are born without symptoms but may develop serious problems within a few weeks of life. Since most syphilis infections do not cause symptoms, syphilis testing early in pregnancy and early treatment are the best ways to prevent your baby from becoming infected. If you have had syphilis in the past, tell your doctor or clinic staff.

Chlamydia. If you have untreated chlamydia infection during pregnancy, you may give the infection to your baby as it passes through the birth canal during delivery. Your baby could develop an eye infection or pneumonia that would need treatment with antibiotics. Since most chlamydia infections do not cause symptoms, you should have a chlamydia test during your pregnancy to prevent infection in your baby.

Gonorrhea. If you have untreated gonorrhea infection during pregnancy, you may give the infection to your baby as it passes through the birth canal during delivery. Most babies receive special eye ointment immediately after birth which can prevent your baby from getting the infection. Since most gonorrhea infections do not cause symptoms, you should talk with your doctor about whether you should be tested for gonorrhea during your pregnancy.

Flu. Pregnant women and babies are more likely to get very sick from influenza. If you are pregnant during flu season you need a flu shot. The flu vaccine you get also helps protect your new baby, who may be too young to get a flu shot. A preservative-free flu vaccine is available.

Rubella (German measles). When pregnant women are infected with rubella, their babies can develop deafness and other serious conditions. You will be tested to see if you have had rubella or rubella shots. If needed, your doctor will give you a MMR (measles, mumps, rubella) shot before you leave the hospital with your new baby. This will help to protect you, your new baby and your future babies.

Chickenpox (varicella). You will be tested to see if you have ever had chickenpox or chickenpox shots. If needed, your doctor will give you a chickenpox shot before you leave the hospital with your new baby. This will help to protect you, your new baby and your future babies.

Whooping Cough (Pertussis). Your doctor may give you a Tdap shot during pregnancy or before you leave the hospital with your new baby. This will help to protect you and your new baby against whooping cough, which can be very dangerous for young babies. Anyone who lives with or takes care of your baby also needs a Tdap shot.

Cytomegalovirus (CMV). CMV causes a very common viral infection, usually does no harm, and by 40 years of age, 50-80% of people in the U.S. have been infected. CMV is part of the herpes virus group and is spread from person to person through saliva, urine, or other bodily fluids. It is also the virus most frequently passed on from mother to baby before birth. However, if you develop your **first CMV infection during pregnancy**, there is a small risk that after birth your baby may have complications such as hearing loss, vision loss, and a range of mental and coordination problems. First CMV infections occur in 1-3% of pregnant women in the U.S. With supportive treatment most babies with CMV disease usually survive. There is little risk of CMV-related complications from an infection in your baby if you have been infected at least 6 months prior to conception. Although there is no treatment for CMV infection, the following recommendations apply:

- Throughout your pregnancy, practice good personal hygiene, especially handwashing with soap and water after every contact with diapers or oral secretions (particularly with a child who is in day care).
- If you develop a mononucleosis-like illness (fever, sore throat, fatigue) during pregnancy you should be evaluated for CMV infection and counseled about the possible risks to the unborn child.
- Laboratory testing for antibody to CMV can be done at the first prenatal visit to determine if you have already had a CMV infection.

Listeriosis. This infection can cause a miscarriage or early labor and may harm your baby. You can prevent this by following these recommendations when you're pregnant:

- Thoroughly cook raw food from animal sources (e.g., beef, pork, and poultry).
- Avoid consumption of raw (unpasteurized) milk or foods made from raw milk.
- Thoroughly wash raw vegetables before eating.
- Avoid soft cheeses (e.g., Mexican-style, Feta, Camembert, and blue-veined cheese). There is no need to avoid hard cheeses, cream cheese, cottage cheese, or yogurt.
- Do not eat hot dogs, luncheon meats, or deli meats unless they are reheated until steaming hot. Wash hands after handling these meats.
- Although the risk for listeriosis associated with foods from delicatessen counters is relatively low, pregnant women may choose to avoid these foods.

Toxoplasmosis. This disease is caused by a parasite. You can prevent this disease by taking these steps while you are pregnant:

- Don't eat raw or rare meat.
- Wash hands thoroughly after handling raw meat.
- Wear gloves while gardening.
- Thoroughly wash garden vegetables that are often eaten raw, like carrots and lettuce.
- Don't handle cat litter.
- Stay away from cats that are fed raw or rare meat or that go outside the house.

If you have a cat:

- Have someone else change the cat litter box daily.
- Don't feed raw or rare meat to your cat.

Important Tests During Pregnancy



While you are pregnant your doctor or clinic staff will do many tests. These tests may show if you and your unborn baby have certain problems. These important tests are the Rh Factor, Hepatitis B, HIV, Syphilis, and Prenatal Screening tests.

Rh Factor Test. This test is to determine whether a person is Rh positive and has the Rh factor in her blood or is Rh negative and does not have the Rh factor. When a woman is Rh negative and has an Rh positive baby, problems occur such as severe anemia, heart failure and brain damage. A special shot given to Rh negative women can prevent these problems.

California state law requires that all health care providers test pregnant women for their Rh blood type. Your doctor or clinic will tell you the results of the test and if any special treatment is needed.

Hepatitis B Test. This blood test shows if you are infected with the hepatitis B virus. Infected people often do not have any symptoms, even when they have had the virus for many years. If you are infected, you can pass the virus to your baby, who might then have severe liver disease later in life. Babies can be protected by getting treatment at birth, and the needed hepatitis B shots before their first birthday. California law requires testing of pregnant women for hepatitis B.

HIV Test. This test will tell if you have HIV, the virus that causes AIDS. A woman with HIV may not know she has HIV, but can pass HIV to her baby during pregnancy, delivery or through breastfeeding. A simple test given along with other prenatal care tests can find out if you have HIV. If your HIV test is positive, you can take HIV drugs during pregnancy and delivery, and your baby can take HIV drugs after delivery. These HIV drugs can lower the baby's chances of getting HIV to less than 2%.

California state law requires health care providers to tell pregnant women about HIV testing and that they can decline testing.



Syphilis Test. This test is done to determine if you are infected with syphilis. People with syphilis often do not have any signs or symptoms and carry the infection in their blood. For more information on this harmful infection in pregnancy see the previous section “Infectious Diseases That Can Harm Your Baby.” California law requires that all health care providers test all pregnant women for syphilis at their first prenatal visit.

Prenatal Screening Tests. There are different kinds of blood tests which can help detect certain birth defects such as Down syndrome and spina bifida. These screening tests are done between 10 weeks and 20 weeks of pregnancy. Your doctor or clinic will give you a booklet with more information, or call any phone number on page 11. For more information about the Prenatal Screening Program, visit our website at www.cdph.ca.gov/pns.

Your doctor or clinic staff will give you information about all these tests early in pregnancy.

If You Are 35 Or Older and Pregnant

Women over 35 years old have a greater chance of having a baby with Down syndrome. Tests for Down syndrome include the blood tests for screening (under prenatal screening tests), or these diagnostic tests:

Chorionic villus sampling. At 10 to 12 weeks of pregnancy, a doctor with special training takes a tiny piece of tissue from the placenta. Lab tests are done on the tissue to see if the baby has normal cell development.

Amniocentesis. At 15 to 20 weeks of pregnancy, a doctor with special training takes a small sample of fluid that surrounds the unborn baby. Lab tests are done on the fluid to see if the baby has normal cell development or certain birth defects.

For more information you can call one of the Referral Centers (page 11).

An Important Test For New Babies



California state law requires that babies be tested for the diseases listed below. Prenatal doctors and hospitals are required to provide information about these tests. Early treatment of these diseases can prevent serious problems. A simple blood test done before leaving the hospital can detect these diseases:

Metabolic Diseases

PKU (Phenylketonuria). Babies with PKU have problems with foods high in protein. This includes milk, breast milk and formula, meat, eggs and cheese. Mental retardation can develop without treatment. A special diet can prevent these problems.

Galactosemia. Babies with this disease cannot use some of the sugars in milk, formula, breast milk and other foods. They can become very sick and die without treatment. A special infant formula and diet can help prevent these problems.

Biotinidase Deficiency. Babies with this disease cannot use or recycle biotin (vitamin B) from their diet. Without treatment, these babies can have seizures, mental retardation, vision problems, hearing loss, and/or other health problems. Treatment includes daily biotin supplements.

Other Metabolic Diseases. Babies with these diseases have similar problems breaking down and using certain parts of food as energy. As a result, substances build up and can be harmful to the body and brain. If identified early, many of these diseases can be treated before they cause serious health problems. Treatment may include medication, dietary supplements, and/or special diets.



Endocrine Diseases

Primary Congenital Hypothyroidism. Babies born with this disease do not have enough thyroid hormone. Without this hormone they grow very slowly and develop mental retardation. These problems can be prevented by giving the baby special thyroid medicine every day.

Congenital Adrenal Hyperplasia (CAH). Babies with this disease do not make enough of the hormone that maintains energy and blood sugar level. Some also do not make enough salt-retaining hormone. This can result in dehydration, shock, and even death. Treatment with medicines can help prevent these problems.

Hemoglobin Diseases

Sickle Cell Disease and other Hemoglobin Diseases. These diseases affect red blood cells. Babies with sickle cell disease can get very sick and even die from common infections. Many infections can be prevented with daily antibiotics. Ongoing health care and close monitoring can help with staying healthy.

Other Genetic Diseases

Cystic Fibrosis (CF). CF can affect many body organs. They include the lungs and digestive system. A baby with CF can have problems in the first few months of life. These can include poor absorption of milk or formula, slow growth, failure to thrive, recurrent lung infections, salty sweat, frequent runny stools, dehydration and life-threatening salt imbalance. Early treatment and ongoing health care by a specialty care center team can reduce many of these problems.

Severe Combined Immunodeficiency (SCID). This immune disease is sometimes referred as “Bubble boy” disease. Babies with SCID are born with little or no immune system. This prevents the body from defending itself from infection by viruses, bacteria and fungi. Without a working immune system, babies with SCID can get recurrent infections such as pneumonia, meningitis and chickenpox. SCID can be cured by a bone marrow transplant. Diagnosis must be made before a harmful infection occurs.



For more information about the Newborn Screening Program,
visit our website at www.cdph.ca.gov/nbs.

In addition to newborn screening, babies will need routine health care.
This includes well baby visits and immunizations to protect against some
serious childhood diseases.

**For additional
copies, call
(510) 412-1542.**

For more information about genetic diseases or services, or to make comments on this booklet, write to:



California Department of Public Health
Genetic Disease Screening Program
850 Marina Bay Parkway, F175
Richmond, California 94804-6403

or visit our website at www.cdph.ca.gov/gdsp

AMERICANS WITH DISABILITIES ACT

*Notice and Information Access Statement
Policy of Nondiscrimination on the Basis of Disability and
Equal Employment Opportunity Statement*

The Department of Public Health, State of California does not discriminate on the basis of disability in employment or in the admission and access to its programs or activities.

The Deputy Director, Office of Civil Rights, 1615 Capitol Avenue, Suite.73.720, Mail Stop 0009, Sacramento, CA 95814 has been designated to coordinate and carry out the agency's compliance with the nondiscrimination requirements of Title II of the Americans with Disabilities Act (ADA). Information concerning the provisions of the ADA, and the rights provided thereunder, are available from the ADA Coordinator.