



**SB  
&  
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*Spirit. Breakthrough & Hope*

Spina Bifida & Hydrocephalus  
Association of Ontario

## Spina Bifida & Hydrocephalus Association of Ontario Fast Facts

**Q: What is SB&H?**

**A:** The Spina Bifida & Hydrocephalus Association of Ontario (SB&H) is a charitable organization committed to making a positive difference in the lives of those with spina bifida and/or hydrocephalus (sb/h) by supporting them and their families with the challenges brought on by these serious disabling neurological conditions.

**Q: How long has SB&H been helping those with sb/h?**

**A:** Registered as a charity in 1973, SB&H has helped thousands of Ontario families since then.

**Q: How does SB&H help?**

**A:** SB&H provides a comprehensive, essential range of services in order to fulfill their mission: *“To build awareness and drive education, research, support, care and advocacy to help find a cure while always continuing to improve the quality of life of all individuals with spina bifida and/or hydrocephalus.”* These services include:

- Toll-Free Phone & Online Help
- Programs for parents, children youth and adults
- Information & Education (i.e., resource library, quarterly magazine, enewsletter)
- Social Media & Community Forum
- Awareness & Prevention
- Research

**Q: Why is SB&H so committed to promoting folic acid?**

**A:** Neural tube defects (NTDs) such as spina bifida occur during the first four weeks after conception – before most women even know they’re pregnant.. This is why all women who could become pregnant need to take a daily multivitamin containing at least 0.4 milligrams of folic acid. Taking a minimum of 0.4 milligrams of folic acid three months before conception and during the first trimester can reduce the risk of having a baby born with an NTD by up to 70%.

**Q: How can I help SB&H?**

**A:** By becoming a member, volunteering or donating you can make a difference. We need people to further support our efforts. Be part of a growing team of individuals, families and health care professionals who care.

[www.sbhao.on.ca](http://www.sbhao.on.ca)    [www.folicacid.ca](http://www.folicacid.ca)

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