Why should we prevent who we love?

Pierre Mertens
President IF

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an obvious gap in the skin covering the spine, the vertebrae and the nervous system are damaged, leading to some degree of paralysis
Anencephaly is a neural tube defect where the brain is not fully developed.
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Liesje Mertens
The IF- network of people with Spina Bifida took the lead in primary prevention
Some persons with Spina Bifida

Olga, doctor (NL)    Guro, ex-minister (N)

Vicky, lawyer and mother (Guatemala)

Jeffrey Tate, conductor opera Naples
why should we prevent who we love?
With Folic Acid the same child is born without a disability!

A daily intake of 0.4 mg of Folic Acid, at least two months prior to the conception and during the first months of pregnancy.
Even with the best prevention campaigns to physicians, pharmacies and in the media to the whole population, our impact is limited.
Therefore IF advocates for mandatory fortification of staple food with Folic Acid.
Europe remains a white spot on the flour fortification map
What do we want?

• To improve periconceptional folate levels in all women of childbearing age.

• Fortification of staple food with Folic Acid
It is because we love that we prevent