











## Resource Corner

Listed below are several resources that might be of interest. The Centers are not responsible for the content found on these websites.

### MEDICINE AND PREGNANCY:

The **Mother to Baby** website contains a library of factsheets about different medications. These sheets answer questions about the use of each medicine during pregnancy and breastfeeding. <https://mothertobaby.org/fact-sheets/>

CDC's website has webpages for providing information for women and their healthcare providers on **medication use during pregnancy**. <https://www.cdc.gov/pregnancy/meds>

The **American College of Allergy, Asthma, and Immunology** has a webpage on asthma and allergies during pregnancy. It provides guidance for pregnant women dealing with these conditions. <https://acaai.org/allergies/allergies-101/who-gets-allergies/pregnancy-and-allergy/>

### STRESS AND PREGNANCY:

The **March of Dimes** website on life changes during pregnancy talks about causes of stresses and ways to reduce stress during pregnancy. <https://www.marchofdimes.org/find-support/topics/pregnancy/stress-and-pregnancy>

The **Mother to Baby** website has a fact sheet on stress during pregnancy, available in English and Spanish. It covers what stress is, if moms-to-be should be concerned, ways to reduce stress, and where to go for help. <https://mothertobaby.org/fact-sheets/stress-pregnancy/pdf/>

### CONGENITAL HEART DEFECTS:

CDC's website has an entire index of webpages on **congenital heart defects**, including information on specific heart defects, research, and statistics, among other useful resources. <https://www.cdc.gov/ncbddd/heartdefects/>

CDC's website also has a webpage on **critical congenital heart defects**. The webpage has information on screening, current research activities, and information for healthcare providers. <https://www.cdc.gov/ncbddd/heartdefects/cchd-facts.html>

### CLEFT LIP AND PALATE:

CDC's website has a webpage on **cleft lip and cleft palate**, providing information on the conditions, some of the known causes of cleft lip and palate, and diagnosis and treatment options. <http://www.cdc.gov/ncbddd/birthdefects/cleftlip.html>

**Operation Smile** has information for parents of children with cleft lip with or without cleft palate.

[www.operationssmile.org](http://www.operationssmile.org)

**Children's Craniofacial Association** website has information about birth defects of the head and face. They have resources on connecting with other parents and families as well as information on each condition.

<https://ccakids.org/>

### CHOANAL ATRESIA:

The **Children's Choanal Atresia Foundation** has a website that provides information, research, and support for choanal atresia or birth defects of the nasal passage.

<https://babynose.org/>

### GASTROSCHISIS:

CDC's website has a webpage on **gastroschisis**. It talks about what gastroschisis is, how common it is, how it is diagnosed, and how it is treated. <https://www.cdc.gov/ncbddd/birthdefects/gastroschisis.html>

The **Global Gastroschisis Foundation** is a foundation that is helping children and families affected by gastroschisis. The website has resources for connecting with other families and ways to raise awareness about gastroschisis.

<https://averysangels.org/>

### GENETICS:

CDC has a unique **Family Health History and Genetics** index of web pages that provide a great deal of information on the role genetics plays on the health of families, newborn screening, and many other useful resources. <https://www.cdc.gov/genomics/famhistory/>

## Directory of the Research Centers

To reach a BD-STEPS project coordinator, please email us at [BD-STEPS@cdc.gov](mailto:BD-STEPS@cdc.gov). Below is the contact information for each BD-STEPS Center.

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*For more information or to learn more about birth defects, visit the BD-STEPS website <http://bdsteps.org/>*

## share your stories

### Newsletter Ideas and Mailing:

Please contact your Center listed in the directory if you:

- Want to share your experience about the NBDPS or BD-STEPS
- No longer wish to receive this newsletter
- Need to update your mailing address
- Would like to receive the newsletter via e-mail

Also, please let us know if you have topic ideas for future issues.



