


Straight line questions and answers

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Straight line questions and answers

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Correct answer: Correct answer: Correct answer: Correct answer: Correct answer: Folic acid is a vitamin B. If a woman takes sufficient amount of folic acid before and during early pregnancy, this can help prevent neural tube defects (more brain defects or child spine defects). Women need 400 micrograms of folic acid every day. Women can get folic acid by taking a vitamin containing 400 micrograms of folic acid or eating foods enriched with folic acid (such as some breakfast cereals and flour-based foods enriched with vitamins). Neural tube defects are severe congenital defects of the brain and spine. They develop very early in pregnancy when the neural tube, which becomes the brain and the spine, does not close properly. Folic acid is necessary for the correct closure of the neural tube. Start taking folic acid after the development time that the neural tube should have closed (after 6 weeks of pregnancy) does not prevent neural tube defects. The two most common defects of the neural tube are the spina bifida (it affects the spine) and anencephaly (it affects the brain). The CDC exhorts all women in fertile age to take 400 micrograms of folic acid every day to help prevent neural tube defects (more congenital defects of the brain or the child's spine). The term "folic acid" and "folate" are often used interchangeably. However, folate is a generic term used to describe vitamin B9, which occurs in different forms. These include: folic acid, dihydrofolate (DHF), tetrahydrofolate (THF), 5,6,7,8-tetrahydro-L-methylenethiofolate (5,6,7,8-tetrahydro-L-MTHF) and 5-methyltetrahydrofolate (5-MTHF) [1]. Folic acid is the synthetic form (made by man) used in vitamin supplements and fortified foods such as rice, pasta, bread and some breakfast cereals. Folic acid has proven to be effective in preventing neural tube defects in many scientific studies and countries around the world [2-6]. The folate is found in foods such as green leafy vegetables, citrus fruits and beans. Women should follow a balanced diet of foods rich in natural folates. However, it is very difficult for most women to get the recommended daily amount of folate through the only food [7]. There has been no study of the effectiveness of supplements containing some form of folate other than folic acid (such as 5-MTHF, or "Natural Fund") in the prevention of neural tube defects. Folate in food is easily decomposed by heat and light. Folic acid is the most thermally stable form of vitamin B9 and is therefore more suitable for food fortification, since many fortified products, such as bread, are baked [8]. The folic acid has proved to be effective in preventing defects in the neural tube in randomized control studies, community intervention programs and food fortification programs. [2-6] Folic acid is easily absorbed in the body and studies have shown that it can increase folate concentrations in the blood in all populations (including those with the MTHFR TT variant) [9, 10]. Blood folate is the amount of folate measured in the blood. When a woman gets folic acid through food or supplements, it increases her concentration of blood folate. When the blood folate concentration is too low, there may be medical problems. Very low blood folate levels can cause a form of anemia called megaloblastic anemia. Having enough folate in the bloodstream can help improve a woman's health and can reduce the risk of having a pregnancy affected by a neural tube defect [11]. Once a woman starts taking 400 micrograms of folic acid every day it may take several months to achieve a blood folate concentration that is high enough to help prevent neural tube defects. The amount of folic acid and/or dietary perfortation and the period of time it is consumed before pregnancy are the most important factors in achieving a blood folate concentration high enough to help prevent neural tube defects. Yes. All women, including those with the MTHFR TT or CT genotype, may benefit from getting 400 micrograms of folic acid every day, especially before and during early pregnancy. MTHFR (methyltetrahydrofolate reductase) It is an enzyme that plays a role in the way people make folate. A common variant of the MTHFR enzyme (also known as the MTHFR TT or CT genotypes) determines how quickly some people can make folate. Although women with MTHFR TT or CT genotype are the folate slower, they can increase their blood folate levels enough to help prevent neural tube defects by taking the recommended daily amount (400 micrograms) of folic acid [11]. Research studies have shown that in populations with high levels of the MTHFR TT or CT genotype, obtaining 400 micrograms of folic acid daily before and during early pregnancy can reduce the risk of neural tube defects by up to 85% [5, 11]. Many studies have shown that folic acid consumption increases blood folate levels. For example, a research study showed that after three months of consuming 400 micrograms folic acid, blood folate concentrations increased by more than 250% among women with the MTHFR TT genotype [9]. Cryer, K.S., L.B. Bailey and R.J. Berry, food fortification folic acid, its history, effect, concerns and future directions. *Nutrients*, 2011, 3 (3): p. 370-84. De Wals, P., et al., Reduction of neural tube defects after folic acid fortification in Canada. *N Engl J Med*, 2007, 357 (2): p. 135-42. De Wals, P., et al., Spina Bifida before and after folic acid fortification in Canada. *Birth Defects Res A Clin Mol Teratol*, 2008, 82 (9): p. 622-6. Czeizel, A.E. and I. 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Crider, K.S., et al., MTHFR 677C>T genotype is associated with folate and homocysteine concentrations in a large, double-blind, population-based study of folic acid supplementation. *Am J Clin Nutr*, 2011, 93 (6): p. 1365-72. Shelmutt, K.P., et al., Methyltetrahydrofolate reductase 677C>T polymorphism affects DNA methylation in response to controlled folate intake in young women. *J Nutr Biochem*, 2004, 15 (9): p. 554-60. Crider, K.S., et al., Red blood cell folate concentrations for the prevention of neural tube defects: Bayesian model. *BMJ*, 2014, 349: p. g4554. From the WebMD Archive Looking for new products to fight those annoying thin lines on your face? Our two experts – both dermatologists – told us about night creams, day creams, detergents, and even supplements they like more. Rachel Herschenfeld, MD's Top Picks (Dermatologist, Dermatology Partners Inc., Wellesley Hills, Mass.) RoC Retinol Correxion Deep Wrinkle Night Cream (\$21.99) "You can't really stop skin aging, but you can slow down some changes, prevent others, and partially stop them, to reverse the rest. Retinoids are one of the most effective ingredients. Retinol – the over-the-counter version – can stimulate collagen formation and help smooth skin tone." Aqua Glycolic Face Cream (\$24.95) "In addition to stimulating collagen for a plumping effect, glycolic acid exfoliates the top layer of dead skin cells, revealing a smoother skin that radiates by reflecting light more evenly. Apply at night, as the ingredients can make you more sensitive to the sun. (Do not use with the RoC retinol product.)" SkinMedica AHA/BHA Cream (\$40) "If you see thin lines and acne, look for a product that contains either glycolic acid or AHA and salicylic acid or BHA. Salicylic acid helps to unblock pores and reduce acne and blackheads. Use every night as a moisturizer p.m. (Do not use this product with the mentioned retinol or glycol products.)" HelioCare Daily Use Antioxidant Formula (\$30.99) "You must wear sunscreen with an SPF of at least 30 a day, all year round. You could also try taking an OTC pill infused with an extract of the fern plant antioxidant-packed Polypodium leucotomos. Some studies show that it can increase the skin's resistance to burns." Sonia MD's Top Picks (clinical instructor in dermatology, University of California, San Francisco, and CEO, Elite MD, Danville, Calif.) Olay Complete Daily Defense All Day Hydrating (\$14.99) "Sunscreen is the first line of defense to prevent skin aging. Physical blockers like this, made with micronized zinc oxide/Titanium dioxide provides UVA and UVB protection without causing sensitivity. Physical blockers sit on top of the skin to reflect UV rays (while the ingredients in chemical blockers penetrate the skin instead). "ROC ROC RETINOL CORREXION RIFILLE PRINCIPAL RIFILLER (\$21.99) " Vitamin A creams (otc retinol and prescription-resistance retin-A) Prevent end lines, exfoliate to speed up cell renewal and lighten brown spots. Start slowly – Use only once or twice a week – because the superstar ingredient can cause peeling if your skin is not used to it. Apply at night. "REPENSIX CREAM (\$ 67) " As the skin ages, it becomes drier and more easily irritated. A moisturizer infused with a radical fighting antioxidant such as green tea increases hydration and improves the overall health of the skin. Apply it in addition to sunscreen daily or a couple of times a week. "Neutrogenic Deep Clean Scrub Gentle (\$5.99) " The older you get, the slower cell turnover becomes, causing the accumulation of skin cells and an opaque complexion. Remove the top layer of the skin twice a week with a head exfoliating wash – just apply at hand and rub gently in a circular motion on damp skin – to help remove these dead cells and stimulate new cell growth. "The opinions expressed in this section are of the experts and are not the opinions of WebMD. WebMD does not endorse any specific product, service or treatment. Find more articles, browse issues, and read the current issue of "WebMD Magazine." Sources: Hunting, M, Photodermatology Photoimmunology & Photomedicine, February 2007. Rachel Herschenfeld, MD, Dermatologo, Dermatology Partners Inc., Wellesley Hills, Massa. Sonia Badrescia-Bansal, MD, Clinical Instructor in Dermatology, University of California, San Francisco, CEO, Elite MD, Danville, California © 2013 WebMD, LLC. All rights reserved. Reserved.

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