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| 1. | [FOLIC INTAKE BREAD OF LIFE; BABY PLEA ; Birth defect study](#doc_id_1) The Sun (England), November 26, 2015 Thursday, NEWS; Pg. 24, 294 words, AOIFE BANNON |

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| 2. | [MAKE FOLIC ACID MANDATORY' FOR MOTHERS-TO-BE](#doc_id_2) DAILY MAIL (London), November 25, 2015 Wednesday, 187 words, BY NO BYLINE AVAILABLE |

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| 3. | [Folic acid 'must be added to bread' to prevent birth defects](#doc_id_3) The Daily Telegraph (London), November 25, 2015 Wednesday, NEWS; Pg. 12, 173 words |

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| 4. | [Folic acid 'should be added to flour'; HEALTH](#doc_id_4) i-Independent Print Ltd, November 25, 2015, NEWS; Pg. 15, 266 words, Jane Kirby |

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| 5. | ['Make folic acid mandatory' for mothers-to-be](#doc_id_5) Scottish Daily Mail, November 25, 2015 Wednesday, NEWS; Pg. 33, 169 words |

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| 6. | ['Add folic to bread for mums'](#doc_id_6) The Sun (England), November 25, 2015 Wednesday, NEWS; Pg. 9, 112 words, NICK McDERMOTT |

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| 7. | [Adding folic acid to bread and flour would save hundreds of babies, say health experts; The Scientific Advisory Committee on Nutrition is calling for folic acid to be added to bread and flour](#doc_id_7) telegraph.co.uk, November 24, 2015 Tuesday 11:30 PM GMT, NEWS, 470 words, By Sarah Knapton Science Editor |

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| 8. | Severe PMT triples a woman's risk of high blood pressure The Times (London), November 25, 2015, NEWS; Pg. 28, 394 words, Jane Kirby |

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The Sun (England)

**November** 26, 2015 Thursday

Edition 1;

Ireland

**FOLIC INTAKE BREAD OF LIFE;**

**BABY PLEA ; Birth defect study**

**BYLINE:** AOIFE BANNON

**SECTION:** NEWS; Pg. 24

**LENGTH:** 294 words

**FOLIC acid** should be added to our daily bread to prevent hundreds of babies being born each year with diseases such as **spina bifida,** health experts say.

Pregnant **women** have been encouraged to take **folic acid** supplements for decades, but the rates of **neural tube** **defects** - **birth defects** of the brain, spine or spinal cord - have not fallen.

The Food Standards Agency in the US has recommended that European countries follow America's lead by adding **folic acid** to bread and flour to ensure mums-to-be get their required amount.

And new research published across the channel in the British Medical Journal shows that experts from the Scientific Advisory Committee on Nutrition agree that action should be taken as voluntary measures are failing.

**Women** in Britain can have their pregnancies terminated if foetal abnormalities are found, an option which is illegal in Ireland, but the researchers say simply taking enough **folic acid** could prevent this heartache.

They said: "**Neural tube defects** represent one of the most prevalent groups of **birth defects** with serious consequences for newborns and their families. "Although termination of pregnancy for foetal anomaly has considerably reduced the live birth prevalence of these anomalies, it is certainly not an optimal solution for a **birth defect** that is highly preventable with a readily available and low-cost measure, as is the case for **neural tube** **defects** with **folic acid** supplementation or food fortification."

According to UK research, 85 per cent of 16 to 49-year-old **women have folic acid** levels below the new World Health Organisation recommendation for **women** entering pregnancy.

It is recommended that **women** take a daily **folic acid** supplement of 400 micrograms before and up to the 12th week of pregnancy.

@IRISHSUNONLINE

**LOAD-DATE:** November 26, 2015

**LANGUAGE:** ENGLISH

**GRAPHIC:** Healthy ... **folic acid** can protect babies

**PUBLICATION-TYPE:** Newspaper

**JOURNAL-CODE:** SUN

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DAILY MAIL (London)

**November** 25, 2015 Wednesday

**MAKE FOLIC ACID MANDATORY' FOR MOTHERS-TO-BE**

**BYLINE:** BY NO BYLINE AVAILABLE

**LENGTH:** 187 words

Urging **women** to take **folic acid** voluntarily during pregnancy is failing to drive down rates of **spina bifida,** while the number of abortions for such defects is rising, experts have said.

Rates of **neural tube** **defects** - **birth defects** of the brain, spine or spinal cord - were still too high and the mandatory addition of **folic acid** to bread and flour should be considered, researchers said. The Scientific Advisory Committee on Nutrition wrote to ministers expressing concern that recommendations made in 2000, 2006 and 2009 to improve levels of **folic acid** intake were not heeded.

They pointed to a rise of abortions in England and Wales for **neural tube** **defects**, with 420 in 2013, up from 390 in 2012, 364 in 2011, 338 in 2010 and 299 in 2009. **Women** are urged to take 400 micrograms of **folic acid** daily while trying to conceive and in the first three months of pregnancy.

In the US, fortifying flour with **folic acid** has led to a reduction in **neural tube** **defects**. The experts, whose research was published in the British Medical Journal, analysed data in 11,000 cases of **neural tube** **defects** over 20 years across Europe.

© Daily Mail

**LOAD-DATE:** November 24, 2015

**LANGUAGE:** ENGLISH

**PUBLICATION-TYPE:** Papers

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The Daily Telegraph (London)

**November** 25, 2015 Wednesday

Edition 1;

National Edition

**Folic acid 'must be added to bread' to prevent birth defects**

**SECTION:** NEWS; Pg. 12

**LENGTH:** 173 words

**Folic acid** should be added to bread and flour to prevent hundreds of babies being born or aborted every year with diseases such as **spina bifida,** health experts have said.

Pregnant **women** have been urged to take **folic acid** supplements for decades, yet the rates of **neural tube** **defects** - **birth defects** of the brain, spine or spinal cord - have not fallen.

The Food Standards Agency has recommended **folic acid** be added to bread and flour, like in the US.

In research published in the British Medical Journal, experts from the Scientific Advisory Committee on Nutrition, said voluntary measures were failing. The researchers, including from the University of Oxford, said **neural tube** **defects** were "highly preventable" with **folic acid** supplementation or food fortification.

A study at Queen Mary University of London last year found that fewer than one in three **women** in the UK take **folic acid** supplements before pregnancy. A Department of Health spokeswoman said it was considering the new evidence and would make a decision on **folic acid** imminently.

**LOAD-DATE:** November 25, 2015

**LANGUAGE:** ENGLISH

**PUBLICATION-TYPE:** Newspaper

**JOURNAL-CODE:** DTL

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i-Independent Print Ltd

**November** 25, 2015

First Edition

**Folic acid 'should be added to flour';**

**HEALTH**

**BYLINE:** Jane Kirby

**SECTION:** NEWS; Pg. 15

**LENGTH:** 266 words

Mandatory measures to ensure **women** who want children get enough **folic acid** must be introduced, experts said after concluding voluntary guidelines are failing.

Simply urging **women** to take **folic acid** in pregnancy is failing to drive down rates of **spina bifida,** while the number of abortions for such defects is rising, a study found.

Rates of **neural tube** **defects** - **birth** **defects** of the brain, spine or spinal cord - are still too high and countries should consider adding **folic acid** to bread and flour, said researchers.

Earlier this month, UK government advisers wrote to ministers expressing their concern that recommendations made in 2000, 2006 and 2009 to improve levels of **folic acid** intake had not been taken on board.

The amount in micrograms are urged trying and during They pointed to a rising number of abortions in England and Wales for **neural tube** **defects**, with 420 in 2013, up from 390 in 2012, 364 in 2011, 338 in 2010 and 299 in 2009. The letter, from the Scientific Advisory Committee on Nutrition, said the number of births affected by **neural tube** **defects** remained too high.

**Women** are urged to take 400mcg of **folic acid** daily whilst trying to conceive and for the first three months of pregnancy to cut the chance of **neural tube** **defects**. In the US, fortifying flour with **folic acid** has led to a reduction in **neural tube** **defects**. In research published in the BMJ, experts said voluntary measures were failing.

of **folic acid** **women** take while conceive the first trimester 400 The amount of **folic acid** in micrograms **women** are urged to take while trying to conceive and during the first trimester

**LOAD-DATE:** November 24, 2015

**LANGUAGE:** ENGLISH

**PUBLICATION-TYPE:** Newspaper

**JOURNAL-CODE:** III

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Scottish Daily Mail

**November** 25, 2015 Wednesday

Edition 1;

Scotland

**'Make folic acid mandatory' for mothers-to-be**

**SECTION:** NEWS; Pg. 33

**LENGTH:** 169 words

URGING **women** to take **folic acid** voluntarily during pregnancy is failing to drive down rates of **spina bifida,** while the number of abortions for such defects is rising, experts have said.

Rates of **neural tube defects - birth defects** of the brain, spine or spinal cord - were still too high and the mandatory addition of **folic acid** to bread and flour should be considered, researchers said. The Scientific Advisory Committee on Nutrition wrote to ministers expressing concern that recommendations made in 2000, 2006 and 2009 to improve levels of **folic acid** intake were not heeded.

They pointed to a rise of abortions in England and Wales for **neural tube defects,** with 420 in 2013, up from 390 in 2012, 364 in 2011, 338 in 2010 and 299 in 2009. **Women** are urged to take 400 micrograms of **folic acid** daily while trying to conceive and in the first three months of pregnancy.

The experts, whose research was published in the British Medical Journal, analysed data from 11,000 cases of **neural tube defects** over 20 years in Europe.

**LOAD-DATE:** November 25, 2015

**LANGUAGE:** ENGLISH

**PUBLICATION-TYPE:** Newspaper

**JOURNAL-CODE:** DMLscot

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The Sun (England)

**November** 25, 2015 Wednesday

Edition 2;

National Edition

**'Add folic to bread for mums'**

**BYLINE:** NICK McDERMOTT

**SECTION:** NEWS; Pg. 9

**LENGTH:** 112 words

ADDING **folic acid** to bread will help prevent hundreds of babies being aborted or suffering **birth defects**, scientists claim.

Around 85 per cent of mums-to-be have **folic acid** deficiency, which is linked to problems such as **spina** **bifida**. **Women** are urged to take the supplement daily during the first three months of pregnancy.

The Scientific Advisory Committee on Nutrition wants ministers to add the acid - a type of vitamin B - to bread and flour.

Abortions in England and Wales due to defects such as **spina** **bifida** rose 40 per cent in four years to 420 in 2013. And hundreds of babies are born with similar problems annually. The Department of Health is considering the SACN plan.

**LOAD-DATE:** November 25, 2015

**LANGUAGE:** ENGLISH

**PUBLICATION-TYPE:** Newspaper

**JOURNAL-CODE:** SUN

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telegraph.co.uk

**November** 24, 2015 Tuesday 11:30 PM GMT

**Adding folic acid to bread and flour would save hundreds of babies, say health experts;**

**The Scientific Advisory Committee on Nutrition is calling for folic acid to be added to bread and flour**

**BYLINE:** By Sarah Knapton Science Editor

**SECTION:** NEWS

**LENGTH:** 470 words

**Folic** **acid** should be added to bread and flour to prevent hundreds of babies being born or aborted every year with diseases like **spina** **bifida**, health experts have urged.

Although pregnant **women** have been urged to take **folic acid** supplements for decades the rates of

**neural tube** **defects** - **birth defects** of the brain, spine or spinal cord - have not fallen.

"Implementing advice to add **folic acid** to flour would reduce the risk of **birth defects**, such as **spina** **bifida**, in pregnancy"Dr Alison Tedstone, Public Health England

The Food Standards Agency has recommended that **folic acid** be added to bread and flour, like in the US, but the government has still not acted on the advice.

In research published in the British Medical Journal (BMJ), experts from the Scientific Advisory Committee on Nutrition (SACN), said voluntary measures were failing.

The researchers, including from the University of Oxford, said: "**Neural tube defects** represent one of the most prevalent groups of **birth defects** with serious consequences for newborns and their families.

"Although termination of pregnancy for foetal anomaly has considerably reduced the live birth prevalence of these anomalies, it is certainly not an optimal solution for a **birth defect** that is highly preventable with a readily available and low-cost measure, as is the case for **neural tube** **defects** with **folic acid** supplementation or food fortification."

A study from experts at Queen Mary University of London last year found that fewer than one in three **women** in the UK take **folic acid** supplements before pregnancy.

Dr Alison Tedstone, chief nutritionist at Public Health England (PHE), said: "Implementing SACN's advice to add **folic acid** to flour would reduce the risk of **birth defects**, such as **spina** **bifida**, in pregnancy.

"PHE's analysis shows that 85 per cent of 16 to 49-year-old **women have folic acid** levels below the new World Health Organisation recommendation for **women** entering pregnancy.

"This highlights the importance for pregnant **women**, and those trying or likely to get pregnant, of taking a daily **folic acid** supplement of 400 micrograms - before and up to the 12th week of pregnancy."

A Department of Health spokeswoman said it was considering the new evidence and would make a decision on **folic acid** imminently.

Professor Alan Cameron, vice-president of clinical quality for the Royal College of Obstetricians and Gynaecologists (RCOG), said: "The results of this study support our call for mandatory fortification of bread or flour with **folic** **acid** in the UK with the appropriate safeguards such as controls on voluntary fortification by the food industry and better guidance on supplement use.

"Food fortification will reach **women** most at risk due to poor dietary habits or socio-economic status as well as those **women** who may not have planned their pregnancy."

**LOAD-DATE:** November 24, 2015

**LANGUAGE:** ENGLISH

**PUBLICATION-TYPE:** Newspaper; Web Publication

**JOURNAL-CODE:** WEBDTNS

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The Times (London)

**November** 25, 2015 Wednesday   
Edition 2;   
National Edition

Severe PMT triples a woman's risk of high blood pressure  
  
**BYLINE:** Oliver Moody  
  
**SECTION:** NEWS; Pg. 28  
  
**LENGTH:** 394 words

Women who suffer severe premenstrual tension have a significantly greater risk of high blood pressure later in life.

PMT, which badly affects about one woman in ten, appears to triple the odds of being diagnosed with hypertension before the age of 40 and may also increase the danger of heart disease.

Scientists recommended that all women with PMT should be screened by doctors for raised blood pressure and suggested that their veins might be under greater strain.

Symptoms of the condition can include pain, depression, palpitations, forgetfulness and irritability.

Elizabeth Bertone-Johnson, associate professor of epidemiology at the University of Massachusetts, Amherst, who led the study, said that it was the first large-scale analysis to show that PMT might herald health problems to come.

She and her colleagues monitored 1,250 American women who had PMT and 2,450 who did not for between six and 20 years. Over that time the PMT patients were 40 per cent more likely to be diagnosed with clinically high blood pressure than the other women.

The researchers suggested that women suffering from the syndrome could take the B vitamins thiamine and riboflavin to ease symptoms and to bring down their risk of high blood pressure and heart disease.

Eating these compounds seemed to reduce the incidence of PMT by as much as a third. Sources of thiamine include liver and wholegrains, while riboflavin-rich foods include milk and eggs.

Writing in the American Journal of Epidemiology, however, the scientists pointed to "underlying differences" in the women's veins that "could plausibly predispose PMT cases to hypertension and cardiovascular disease later in life".

It might also be that the antidepressants often prescribed for PMT's psychological effects ratchet up blood pressure, the academics suggested.

Telling pregnant women to take **folic acid** tablets has had little effect on the rate of neural tube **birth defects,** a study found. Women who are planning a pregnancy are advised to take **folic acid** to reduce the risk of **spina bifida** in their babies. However, the condition, in which the spine does not develop properly, still affects about 5,000 babies a year in Europe, a level that has not changed in 20 years, the BMJ reported. The researchers said that governments should consider new policies to force food manufacturers to fortify staples with**folic acid**.