



Make theCall

**The Pregnancy Healthline**  
Your Resource  
for Teratology Concerns

**1-888-722-2903**

The Pregnancy Healthline is a program of the Southern New Jersey Perinatal Cooperative provided in cooperation with Virtua Health.



**Southern New Jersey Perinatal Cooperative**  
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# Make theCall

Let the **Pregnancy Healthline**  
be your resource  
for teratology concerns



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“I thought I was doing everything right...”

Pregnancy raises a lot of questions. Sometimes friends and family don't have all the answers. With all the demands of life, work, and motherhood, why leave it to chance?

Every pregnancy has a two-to-three-percent chance of developing a birth defect, and there's nothing you can do about it. But there are many things you can control to protect your baby from increased risk.

**To get the latest information about how to keep your pregnancy safe, call the Pregnancy Healthline:**

**1-888-722-2903**

Although certain things like alcohol and drugs harm a baby at any stage of development, the most damage occurs when a pregnancy is exposed to harm during the first trimester. That's why pre-pregnancy planning is so important. If you are pregnant or thinking of becoming pregnant, please contact the Pregnancy Healthline.

Our counselors are advanced practice nurses with a wealth of experience. They are non-judgmental and offer the most up-to-date medical research. Calls are returned within a few days, and reports arrive by mail. With your permission, we can even send a report to your doctor.

**Make the Call Today!**

The Pregnancy Healthline is a **FREE** service of the Southern New Jersey Perinatal Cooperative. It is available to expectant parents, their doctors, family, friends, and anyone interested in the latest medical research about pregnancy health.

**We answer your questions about:**

- Prescription medication
- Infection
- Chemicals
- Pesticides
- Cleaning agents
- Cosmetics
- Over-the-counter drugs
- “Nutriceuticals”  
(herbal supplements/remedies)
- Environmental exposure
- Pre-pregnancy planning