

Spinabifida.net Offers Comprehensive Resource on Spina Bifida, Including Symptoms and Treatment Options

Spinabifida.net is an authoritative site providing comprehensive resource on neural tube defects in particular, spina bifida. It covers key medical and other closely related issues of spina bifida, with sections and articles contributed by professionals in the medical field of spina bifida.

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Spinabifida.net is a website designed to offer comprehensive resource to those seeking information on neural tube defects such as [spina bifida](#) and other related-complications such as hydrocephalus, tethered cord syndrome and encephalocele. The easy-to-navigate site is put together by medical professionals and specialists covering a whole range of topics. It includes segments that address the causes, types, symptoms, diagnosis, prognosis, prevention, treatment, complications and common myths surrounding spina bifida.

The neural tube is the embryonic tissue that develops into the brain and spinal cord. Each year around 300,000 newborn lives are affected by neural tube defects. Spina bifida is the most common occurring birth defect worldwide, affecting 1 in 1000 pregnancies. [Neural tube defects](#) occur within the first 28 days of pregnancy; at a time when most women do not realise they have conceived. While there is no cure, the World Health Organization advises women of child bearing age to supplement 400mcg of Folic Acid daily before conceiving and during the first trimester to reduce the incidence of neural tube defects.

Spina bifida occurs when the foetal spine fails to close during the first month of pregnancy, resulting in a permanent gap in the baby's spinal column. Instead of growing normally down the spinal column, the spinal cord's nerves protrude through the opening, exposing them to impairment. The inability of the spine to properly close during development gives rise to varying degrees of lasting damage to the spinal cord and nervous system.

The spinal cord is a powerful bundle of nerves. It works synergistically with the brain by relaying messages that control the function of every part of the body. Complications arise when the development of the spinal cord is affected. Most people with spina bifida experience [hydrocephalus](#), which is a built up of cerebrospinal fluid in the cavities deep within the brain. Excess fluid creates pressure on the brain which can cause impairment in brain function.

[Tethered cord syndrome](#), is a syndrome closely associated with spina bifida. In this case, the spinal cord is abnormally fused to the tissues around the spine, limiting the movement of the spinal cord within the spinal column. During development the spinal cord fails to separate from the skin of the back. This prevents the spinal cord from ascending properly, resulting in tethering of the spinal cord. Individuals with tethered cord syndrome usually experience nerve damage and the inability to move freely.

[Encephalocele](#) may occur in conjunction with spina bifida. It is a condition where the bones of the skull fail to fuse completely during foetal development. This results in parts of the brain and surrounding membrane to push through the opening in the skull, forming a cyst or sac like protrusion. Encephalocele are often accompanied by other brain malfunctions and abnormalities.

For more comprehensive information and to receive a complimentary copy on spina bifida and [spina bifida occulta](#), please visit the website at www.spinabifida.net

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