

And The Happiest Place On Earth Is...
The Danes Are Considered The Happiest People On Earth






Over the past 30 year, in survey after survey, this nation of five and a half million people, the land that produced Hans Christian Andersen, the people who consume herring by the ton, consistently beat the rest of the world in the happiness stakes. It's hard to figure: the weather is only so-so, they are heavy drinkers and smokers, their neighbors, the Norwegians, are richer, and their other neighbors, the Swedes, are healthier.

Incidents of NTD in the Nordic countries

	NTD Total/10000 born N	NTD Born=N	SpinaBifida Total/10000 N	SpinaBifida Born=N	SpinaBifida TOP N(%)
DK	8,7	13	8,9	1	12(75)
FI	5,2	9	4,5	7	15(75)
IS	5,7	13	4,6	9	25(74)
NO	14	27	5	10	17(63)
SE	80	40	4,5/10000	81	

TOP known MMC is 95% Incidence has been quite stable

Folic acid in the Nordic countries

	Recommendation Before Conception	Folic Acid High Risk	Trend MMC	Dietary Supplement
	MultiVitamin	Yes		No
	Yes, 4mg	Yes		No
	Yes, 4mg 27%			No
	Yes, 4mg 15%	MultiVitamin	5mg	Decrease
	Yes, 4mg		4mg	No

Management of MMC in the Nordic countries

- Counseling by neuropaediatrics
- > 95 % choose TOP (<22 weeks)
- No patient sent for fetal surgery
- ? why patients do not request
- All countries has a well organized paediatric care



Follow-up according to the Swedish national guidelines in MMC/HC

Guidelines for medical follow-up
Swedish neuropaediatric society
2009-2013
Guidelines PT and OT follow-up

See links from www.mmcup.se

Measurements on body structure and function (PT, OT, UT)

Recording of interventions + indications (+ neurosurg, urol, ort)

Reports on daily function, activities and health (PROM)

Is fetal surgery an option?



NORDIC NETWORK
OF FETAL MEDICINE
Welcome to Gothenburg,
Sweden April 15-16th, 2015!

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