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## Introduction

Birth defects are diverse conditions that affect individuals from birth, presenting challenges that vary in severity and complexity. The origins of these anomalies are multifaceted, involving genetic predispositions, exposure to environmental influences, and the health of the mother during pregnancy. Understanding the causes of birth defects is crucial for healthcare providers, researchers, and policymakers in developing effective preventive measures and interventions. This article explores the intricate landscape of factors contributing to birth defects, shedding light on the genetic, environmental, and maternal elements that

resulting from birth defects. Advocacy efforts can play a crucial role in challenging stigma and promoting inclusivity.

Collaborative efforts on a global scale can accelerate research by pooling resources, expertise, and data. International research consortia focused on birth defects may lead to comprehensive insights and solutions.

Future initiatives must prioritize equitable access to healthcare, ensuring that advancements in understanding and treating birth defects are accessible to diverse populations, irrespective of geographical or socioeconomic factors [10].

### Conclusion

Birth defects represent a complex and diverse group of conditions