



### What is hydrocephalus?

Hydrocephalus is caused by a build-up of fluid inside the brain, resulting in increased pressure. Things that may cause hydrocephalus include: premature birth, meningitis, brain haemorrhage (stroke) cysts or tumours. Also most babies born with spina bifida have hydrocephalus.

Hydrocephalus can lead to problems that affect everyday life, such as difficulties with co-ordination, motivation and organisational skills, lack of concentration and problems with short-term memory.

### What is spina bifida?

Spina bifida literally means 'split spine'. The backbone usually provides a protective tube of bones with the nerves (spinal cord) running down the middle. In spina bifida a fault in the development of the spinal cord and surrounding bones (vertebrae),

before birth, leaves a gap or split in the spine. The spinal cord has not formed properly, and may also be damaged.

**“** There are questions you feel too shy to ask, then you realise your adviser has heard it all before and has some real answers. **”**

## Contacting us

Advisers can call you on a number of your choice, arrange to meet up with you or visit you at home. We are able to offer the support and information that can help you make choices. Your local adviser or regional contact is listed below.

Contact your ASBAH  
Regional Office  
London and South  
Tel: 020 8449 0475  
email: [lasr@asbah.org](mailto:lasr@asbah.org)

For more information on hydrocephalus or spina bifida visit ASBAH's website at: [www.asbah.org](http://www.asbah.org)  
Information for health professionals at [www.asbah.org/professional](http://www.asbah.org/professional)

Helpline: **0845 450 7755**



42 Park Road  
Peterborough  
PE1 2UQ

Tel: 01733 555988  
Fax: (01733) 555985

Email: [helpline@asbah.org](mailto:helpline@asbah.org)

Charity Registration Number: 249338



**Adviser services**  
Here when you need us



association for  
**spina bifida**  
**hydrocephalus**  
ability beyond disability

## We can help, if you:

- have spina bifida or hydrocephalus
- have a child with spina bifida or hydrocephalus
- live with or care for someone with these conditions
- are a professional providing support
- are expecting a baby with spina bifida



*When I was told my baby had spina bifida and hydrocephalus I hadn't a clue what it meant. My ASBAH adviser guided me through without taking control, she was a lifeline.*



## The support you really need

ASBAH's professional, friendly, health, education and community advisers are here to offer their support, confidential information and advice on:

- **Folic acid and pregnancy**
- **Medical conditions and treatment**
- **Staying healthy**
- **Bowel and bladder issues**
- **Benefits, finances and funding**
- **Education**
- **Living independently**
- **All aspects of relationships and social life**
- **Local services**
- **A listening ear... and much more**

*I wanted my own flat. Mum and Dad had been great but it was time to go - ASBAH made it happen and enabled me to manage my own affairs.*

*I'll have to admit I had never actually seen a baby with spina bifida before, the ASBAH adviser visited my clinic and spent ages with me.*

## Helpline

ASBAH's Helpline can answer straightforward queries and arrange for information to be sent out to you on a range of issues. Or they'll help if a local adviser is unavailable.

Helpline: **0845 450 7755**

email: [helpline@asbah.org](mailto:helpline@asbah.org)

