Leading Authority in Birth Defects Research and Prevention Launches Podcast for Moms

The MotherToBaby Podcast Is A New 'Must-Have' Resource for Pregnant and Breastfeeding Moms

BRENTWOOD, TN – From herbal supplements in pregnancy to marijuana in breastfeeding, "no topic is off-limits," describes Chris Stallman, a certified genetic counselor and host of the new MotherToBaby Podcast launching May 8, just ahead of Mother's Day. The episode series will be available on iTunes and podcatcher services everywhere and promises to deliver evidence-based information about exposures during pregnancy and breastfeeding in a relatable format – from one mom to another.

Stallman, a mother of three including a toddler, takes calls on the show from the general public about exposures, like essential oils and medications for mental health disorders, during pregnancy, breastfeeding, pre-pregnancy and adoption. Stallman, as well as the various guest experts joining her on each episode, are teratogen information specialists – trained professionals in understanding and communicating environmental risks that may be associated with birth defects, adverse pregnancy outcomes and/or effects on the nursing infant. "I've been there with three pregnancies and tons of questions, so we want those who call in to our show to feel welcome," explained Stallman. "We provide a judgment-free zone where callers will not only feel comfortable asking anything about a particular exposure during pregnancy or breastfeeding, but they'll have the opportunity to get answers directly from experts actively involved in the research surrounding that particular topic," explained Stallman.

The MotherToBaby Podcast is the latest platform provided by the Organization of Teratology Information Specialists (OTIS), the scientific non-profit society behind MotherToBaby's no-cost services. MotherToBaby has been able to embark on new outreach efforts to reach underserved populations and launch new communication initiatives, such as The MotherToBaby Podcast through a cooperative agreement with the U.S. Health Resources and Services Administration, as well as through the generous donations made by the public. The four-episode launch beginning May 8th will focus on:

- Essential Oils and Herbal Supplements
- Beauty Products
- Marijuana
- Maternal Mental Health

The new podcast can easily be found on iTunes, Google Play, Spotify, Stitcher and podcatcher services everywhere by searching "MotherToBaby." Listeners can be alerted to new episodes by subscribing to the series.

The MotherToBaby Podcast has also been selected to be part of the Parents on Demand (POD) Network, which has a free app available on iOS and Android. The POD Network is a collection of podcasts with content specifically created for parents and families. "The shows on our network help guide families through the various stages of life," said Sunny Gault, Founder and Network Director. "The addition of The MotherToBaby Podcast is the perfect must-have resource for anyone looking for evidence-based information on exposures during pregnancy, while planning a pregnancy or while breastfeeding."

More about OTIS and MotherToBaby

The Organization of Teratology Information Specialists (OTIS) is a professional scientific society made up of individuals engaged in assessing and evaluating risks to pregnancy and breastfeeding from environmental exposures. Members include, but are not limited to, specialists in the fields of: obstetrics and gynecology, pediatrics, genetics, dysmorphology, perinatal epidemiology, teratology, behavioral teratology, pharmacy, genetic counseling, nursing, midwifery, maternal and child health, public health, and includes experts that provide MotherToBaby services and researchers that conduct MotherToBaby Pregnancy Studies. MotherToBaby is a suggested resource by many federal agencies including the Centers for Disease Control and Prevention (CDC). To be connected with a MotherToBaby expert, please call (866) 626-6847, text questions to (855) 999-3525 (standard messaging rates might apply, check

with your carrier) or visit www.MotherToBaby.org.

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PLEASE NOTE: This webinar has already passed, but the recorded version can be seen at the following link: http://bit.ly/2Hfcr6z

OTIS, Teratology Society, SMFM, NSGC Team Up to Shed Light on Prenatal and Postnatal Marijuana Exposure Effects

BRENTWOOD, TN – From plant form to CBD oil, with increasing legalization of marijuana across U.S. states, there comes the need for more information on its impact should a consumer become pregnant. Birth defects experts from the Organization of Teratology Information Specialists (OTIS), the scientific non-profit society that provides the MotherToBaby no-cost service, are offering the latest data surrounding marijuana exposure in pregnancy and lactation during a free webinar for healthcare providers on May 2, 2019 at 12p Pacific/3p Eastern.

“If I use edibles instead of smoke marijuana, that should be safer during pregnancy and breastfeeding, right?” – It’s just one of the many questions the MotherToBaby service, which answers questions about exposures during pregnancy and breastfeeding via phone, text, live chat and its MotherToBaby.org website, is now receiving on a regular basis according to Christina Chambers, PhD, MPH, MotherToBaby president and professor of pediatrics at the University of California, San Diego. Dr. Chambers also heads up Mommy’s Milk Human Milk Research Biorepository, the first-ever

research database of human breast milk which produced a ground-breaking study last year suggesting that marijuana can linger in breast milk for far longer (up to six days) than previously thought. “As more states legalize marijuana for medicinal and recreational use, it’s critical we look at how it’s impacting the next generation,” she said.

The webinar, “Sifting through the Smoke: The Latest Research Surrounding Marijuana Exposure in Pregnancy and Breastfeeding,” is a collaboration with the National Society of Genetic Counselors (NSGC) and, in addition to OTIS/MotherToBaby, will include presenters representing the Teratology Society and the Society for Maternal-Fetal Medicine (SMFM). The webinar is free and aimed at healthcare providers and researchers; registration is required at the following link: http://bit.ly/MarijuanaWebinar2019.

“Older studies have suggested that if a mother uses marijuana during pregnancy, she might be at risk for having a smaller baby born early and/or having it experience developmental delays,” said Sarah Obican, MD, a Maternal-Fetal Medicine subspecialist at the University of South Florida, director of MotherToBaby’s Florida affiliate, and Dr. Chambers’ co-presenter for the webinar. “However, marijuana is produced today at a higher potency level, so it’s critical we stay vigilant in our research to better understand its impact,” she added.

The webinar is expected to run approximately one hour and presenters will be available to answer questions from attendees.

More about OTIS and MotherToBaby

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In case you missed it during January's Birth Defects Prevention Month, MotherToBaby, in coordination with the Society for Maternal-Fetal Medicine (SMFM) and the Teratology Society, offered a free two-part webinar series for healthcare providers on the importance of pregnancy exposure research, its challenges and the new Task Force on Research Specific to Pregnant and Lactating Women (PRGLAC) report. The recorded webinar series can be viewed at the following links:
• Current and Future Trends in Research with Pregnant and Lactating Women (Part 1): http://bit.ly/PregResearch1
• Using Registries and Crowdsourcing to Conduct Research with Pregnant and Lactating Women (Part 2): http://bit.ly/PregResearch2

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Leading Authority in Birth Defects Research and Prevention Launches Podcast for Moms

'Best for You. Best for Baby.' Focus of National Birth Defects Prevention Month 2019

FOR IMMEDIATE RELEASE

January 8, 2019

BRENTWOOD, TN – "A baby is born with a birth defect in the United States every 4 ½ minutes. We can change that alarming statistic," said Christina Chambers, PhD, MPH, President of MotherToBaby, a free service of the non-profit Organization of Teratology Information Specialists (OTIS). MotherToBaby is joining with leading prenatal health experts from the National Birth Defects Prevention Network (NBDPN), Centers for Disease Control and Prevention (CDC), American Academy of Pediatrics, the March of Dimes, and the Teratology Society this month to increase awareness of 5 critical tips to reduce the chances of having a baby with a birth defect.

The National Birth Defects Prevention Month campaign theme, **"Best for You. Best for Baby."** aims to raise awareness of preventable birth defects. "Furthermore, we want to emphasize the importance of pregnancy registries, which often lead to the discovery of even more ways to prevent birth defects," explained Dr. Chambers, who also serves as professor of pediatrics at UC San Diego. MotherToBaby will join the Teratology Society and the Society for Maternal-Fetal Medicine in co-hosting a free two-part webinar series for healthcare providers on the importance of pregnancy exposure research, its challenges and the new Task Force on Research Specific to Pregnant and Lactating Women (PRGLAC) report. The webinar series will take place **Thursday January 17th at 1pm-1:30 ET** and **Tuesday January 29th at 12pm-12:30p E**T and will be free to join, but advanced registration is required at the following links:

- ***Current and Future Trends in Research with Pregnant and Lactating Women (Part 1)***: http://bit.ly/PregResearch1
- ***Using Registries and Crowdsourcing to Conduct Research with Pregnant and Lactating Women (Part 2):*** http://bit.ly/PregResearch2

MotherToBaby provides free evidence-based information to mothers, health care professionals, and the general public about medications and other exposures during pregnancy and while breastfeeding through its helpline (866) 626-6847, texting service (855) 999-3525, or via live chat and email on www.MotherToBaby.org. MotherToBaby also has a free app available for iOS and Android devices. MotherToBaby is recommended by many agencies, including the CDC.

MotherToBaby encourages the public to follow these steps to increase chances of a having a healthy baby:

- Be sure to take 400 micrograms (mcg) of folic acid every day.
  • Folic acid is very important because it can help prevent some major birth defects of the baby's brain and spine.
- Book a visit with your healthcare provider before stopping or starting any medicine.
  • There are often benefits to continuing treatment throughout pregnancy. Discussing a treatment plan before a pregnancy allows a woman and her health care provider to weigh the pros and cons of all options to keep mom and baby as healthy as possible.
- Become up-to-date with all vaccines, including the flu shot.
  • Having the right vaccinations, like the flu and Tdap vaccines, at the right time during pregnancy can help keep a woman and her baby healthy.
- Before you get pregnant, try to reach a healthy weight.

  - Obesity increases the risk for several serious birth defects and other pregnancy complications.
- Boost your health by avoiding harmful substances during pregnancy, such as alcohol, tobacco, and other drugs.
  - There is no known safe amount of alcohol during pregnancy and its exposure can cause major birth defects.
  - Smoking during pregnancy can cause dangerous chemicals to damage the placenta and/or reach baby's bloodstream.
  - The opioid addiction epidemic has led to a sharp increase in Neonatal Abstinence Syndrome (NAS), premature birth and drug withdrawal in developing babies.

"Birth defects are a common cause of death in the first year of a baby's life, but change happens through awareness," added Jason L. Salemi, PhD, MPH, NBDPN President. "We're thrilled MotherToBaby is doing its part to positively change the outcome for babies across North America."

How You Can Help

MotherToBaby encourages health advocates as well as the general public to be active participants in National Birth Defects Prevention Month. Follow and share **#Best4YouBest4Baby** messages on social media platforms, such as Facebook, Twitter, Instagram and LinkedIn. In addition, the complete 2019 NBDPN Birth Defects Prevention Month information packet, including this year's primary tips for birth defects prevention, **"Best for You. Best for Baby. 5 Tips for Preventing Birth Defects,"** is available online at: https://www.nbdpn.org/bdpm.php. All materials can be printed, electronically conveyed, or added to websites for distribution as needed.

Additional Resources to Support Healthy Pregnancies

Centers for Disease Control and Prevention
The CDC's National Center on Birth Defects and Developmental Disabilities (NCBDDD) strives to advance the health and well-being of our nation's most vulnerable populations.
www.CDC.gov/ncbddd

American Academy of Pediatrics
Dedicated to the health of all children, providing age-specific health information.
www.healthychildren.org

The Teratology Society
An international and multidisciplinary group of scientists including researchers, clinicians, epidemiologists, and public health professionals from academia, government and industry who study birth defects, reproduction, and disorders of developmental origin.
www.Teratology.org

March of Dimes
An organization aiming to make sure babies get the strongest start possible as well as reducing the rate of prematurity.
www.marchofdimes.org

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On the heels of National Eczema Awareness Month, MotherToBaby Pregnancy Studies has launched their newest study on Dupixent® (dupilumab), an injectable medication used to treat patients with moderate to severe atopic dermatitis, the most common form of eczema. The study will provide information on the safety of Dupixent® when used during pregnancy, and will help women and their healthcare providers get the information they need to make more informed treatment decisions.

The National Institute of Allergy and Infectious Diseases (NIAID) estimates that eczema affects 30 percent of the U.S. population. The condition is typically characterized by dry, irritated and inflamed skin, which tends to crack or bleed when scratched. Most people who suffer from eczema are more susceptible to skin infections caused by bacteria and viruses. With eczema being more common in women than men, there is an urgent need for more information on treatment safety during pregnancy.

Dr. Christina Chambers, an epidemiologist at the University of California San Diego who specializes in the area of medication exposures and their effects on pregnancy, is leading the study. “Eczema is such a common condition in women, and women who have more severe forms of it may benefit from this new line of treatment. But for pregnant women, a big question remains about whether these medications have any impact on a developing baby. Our study aims to provide this much-needed information,” said Chambers.

Dupixent® was launched in the United States in April 2017 as the first biologic medication approved by the U.S. Food and Drug Administration (FDA) to treat adults with moderate to severe atopic dermatitis. Biologic therapies are unique in that they work by selectively targeting specific immune responses, rather than suppressing the entire immune system.

MotherToBaby aims to recruit 300 pregnant women throughout the U.S. and Canada to participate in the study over the next 5½ years. Pregnant women who are diagnosed with moderate to severe atopic dermatitis may qualify whether they have or have not been exposed to Dupixent®. To learn more about the study, call 877.311.8972 or visit: Eczema/Atopic Dermatitis and Pregnancy Study.

To learn more about MotherToBaby Pregnancy Studies, view our Pregnancy Studies 101 flyer.

More About MotherToBaby

MotherToBaby is a suggested resource by many agencies including the Centers for Disease Control and Prevention (CDC) and the Food and Drug Administration’s (FDA) Office of Women’s Health. More than 100,000 women and their health care providers seek information about birth defects prevention from MotherToBaby every year. MotherToBaby Pregnancy Studies are conducted by the Organization of Teratology Information Specialists (OTIS) and coordinated at the University of California, San Diego.

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