

Ep. 64: Weight Loss and Ozempic in Pregnancy

Sarah Obican, MD, a maternal-fetal medicine specialist at the University of South Florida and medical director of MotherToBaby Florida, joins host Chris Stallman, CGC to discuss what's known about Ozempic, berberine supplement and other weight loss trends during pregnancy and breastfeeding.

Questions? Call 866.626.6847 | Text 855.999.3525 | Email or Chat at [MotherToBaby.org](https://www.MotherToBaby.org).

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The MotherToBaby Podcast takes calls from listeners. Chris Stallman, certified genetic counselor and podcast host, answers questions about sunscreen, bug repellent, hair treatments and sushi during pregnancy and breastfeeding.

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MotherToBaby Podcast host Chris Stallman, a certified genetic counselor and mother of three, takes questions from other moms around the country about the known safety of using beauty products during pregnancy and while breastfeeding. She covers questions surrounding lash enhancers and acne treatments and what their potential risks are to the developing baby if used during pregnancy and breastfeeding. Sharon Voyer Lavigne, MS, a licensed genetic counselor at MotherToBaby's Connecticut affiliate, is her guest expert helping to provide callers with evidence-based answers.

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