

Ep. 75: Debunking Folic Acid Myths

Host Chris Stallman, CGC, welcomes back Maternal-Fetal Medicine Specialist and social media health educator, Dr. Shannon Clark of [@babiesafter35](#). Dr. Clark joins the podcast for a special Folic Acid Awareness Week episode and debunks potentially dangerous folic acid myths being spread on social media. Hear the evidence-based facts in this important episode!

Questions? Call 866.626.6847 | Text 855.999.3525 | Email or Chat at [MotherToBaby.org](#).

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Rebecca J. Schmidt, PhD, a molecular epidemiologist at UC Davis, joins host Chris Stallman, CGC, to talk about research surrounding wildfires, pollution and the effects on pregnancy. Dr. Schmidt also gives some information on a DIY project to reduce pollutants in your own home.

Resources Mentioned in this Episode:

How to build a Corsi-Rosenthal Box: <https://www.youtube.com/watch?v=hluH-2naozl>

“Keeping Your Cool When Fire Season Heats Up,” MotherToBaby Blog

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Psychiatric nurse practitioner, Becky Spencer, PhD, APRN, PMHNP-BC, IBCLC, PMH-C, FILCA joins host Chris Stallman, CGC, to talk about maternal mental health, how common postpartum mental health challenges are and what to do to get help.

Resources mentioned in this episode:

Postpartum Support International

MotherToBaby Maternal Mental Health Hub

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In this special episode, MotherToBaby Podcast host, Chris Stallman, CGC, introduces listeners to **Nurse Family Partnership (NFP)** an evidence-based, community health program with 45 years of research showing significant improvements in the health and lives of first-time moms and their children affected by social and economic inequality. Guests, Marie James and Savannah Bertrand, talk about the impact NFP has had on their lives and how the parents can find a local NFP nurse where they live.

Marie James, MHA, MEd, BSN, RN has more than 30 years of clinical, public health and program administrative experience. She currently serves as a Senior Manager, Nursing Practice with the National Service Office for Nurse-Family Partnership and Child First.

Savannah Bertrand, an NFP Parent Ambassador, was introduced to Western Wisconsin Nurse-Family Partnership Consortium in 2019 by her local WIC office after becoming pregnant with her second child and disclosing pre-existing mental health issues. Savannah says her NFP nurse gave her confidence to take care of her own mental health plus the reassurance that she would be an excellent parent.

To watch this episode on YouTube, click [here](#).

Resources mentioned in this episode:

Nurse Family Partnership

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Laney Poye and Trashaun Powell of the Preeclampsia Foundation share their personal stories and avenues for preeclampsia information with host, Chris Stallman, CGC.

Laney Poye serves as the Director of Communications and Engagement for the Preeclampsia Foundation supporting their work to improve maternal healthcare and find a cure for families affected by hypertensive disorders of pregnancy. In addition to her many years of professional experience in maternal health patient advocacy, Laney also serves as a representative voice for women who have experienced infertility, IVF, and pregnancy loss.

Trashaun Powell is a maternal health advocate based in New Jersey. She survived a near-death pregnancy experience as a result of HELLP Syndrome. This resulted in the immediate birth of her daughter Mia Jane at 23 weeks. Unfortunately, due to Mia's severe prematurity, she passed away 2 days later. Trashaun continues to amplify and illustrate her compelling childbirth experience of tragedy and hope.

To watch this episode on YouTube, click [here](#).

Resources mentioned in this episode:

[Preeclampsia Foundation Website](#)

[MoMMA's Voices Website](#)

[Episode 26: Preeclampsia, Eclampsia and Postpartum Preeclampsia](#)

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