Ep. 49: PowerMom and Pregnancy Research

Dr. Tolúwalàṣé (Laṣé) Ajayi, MD, FAAP from Scripps Research Digital Trials Center in California, joins host Chris Stallman, CGC to talk about PowerMom. PowerMom is a data-driven research project fueled by pregnant participants aimed at improving pregnancy health. Participants contribute information through the PowerMom website/app during their pregnancies and gain feedback as pregnancy progresses. Dr. Ajayi also shares her personal encounter with health disparities and why research may be one of the ways to help reduce the problem.

PowerMom: https://powermom.scripps.edu/

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Dr. Sarah Verbiest, of the University of North Carolina Collaborative for Maternal and Infant Health joins host Chris Stallman, CGC to discuss preconception health (before people become pregnant) and why it's important for reducing the risk for birth defects while leading to a healthier life across the lifespan of their offspring. The "Across the Lifespan" concept is part of the theme for January's Birth Defects Awareness Month.

Questions? Call 866.626.6847 | Text 855.999.3525 | Email or Chat at MotherToBaby.org.

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Dr. Jessica Vernon, a New York-based OBGYN recently featured on the Today Show, continues telling her story of postpartum depression and anxiety (also known as perinatal mood disorders). In this second part of the conversation, she talks about certain medications prescribed during pregnancy and breastfeeding.

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Ep. 49: PowerMom and Pregnancy Research

Dr. Jessica Vernon, a New York-based OBGYN recently featured on the Today Show, shares her story of postpartum depression and anxiety (also known as perinatal mood disorders). Even as an OBGYN, the often-debilitating condition was difficult to recognize during her own motherhood journey. Dr. Vernon joins host Chris Stallman, certified genetic counselor, to share the lesser-known symptoms of postpartum depression and anxiety and when it's time to get help.

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Ep. 49: PowerMom and Pregnancy Research

Pharmacist Christy Pratt joins Chris Stallman, certified genetic counselor, to discuss mental health and weighing the risks of medication during pregnancy and breastfeeding.

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