

## Ep. 48: Preconception Health and Birth Defects

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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](https://www.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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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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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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What do I need to know about fertility treatments? Are there increased risks for birth defects? What should I ask my health care provider when it comes to fertility treatments? Special guest expert Dr. Sarah Običan joins host Chris Stallman, a certified genetic counselor, to address questions the MotherToBaby service gets surrounding fertility treatments.

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