

Episode 21: Inflammatory Bowel Disease in Breastfeeding

Amber Tresca, host of the podcast AboutIBD.com, joins The MotherToBaby Podcast host Chris Stallman, CGC, to talk about Inflammatory Bowel Disease (IBD) in breastfeeding. Chris is also joined by Beth Kiernan, MPH, of MotherToBaby California who helps answer Amber's questions. When you have a chronic condition, like IBD, you may be concerned about the medications you need to take and how if it may reach your baby. We'll go over what you need to know about IBD & breastfeeding.

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

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Amber Tresca, host of the podcast AboutIBD.com, joins The MotherToBaby Podcast host Chris Stallman, CGC, to talk about Inflammatory Bowel Disease (IBD) in pregnancy. Chris is also joined by Beth Kiernan, MPH, of MotherToBaby California who helps answer Amber's questions. IBD conditions like Crohn's disease and ulcerative colitis may require the management of medications during pregnancy in order to successfully treat mom, and extra preconception planning. Find out what you need to know about IBD in pregnancy.

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Dr. Gina Lundberg of Emory University joins our MotherToBaby Podcast host Chris Stallman, a certified genetic counselor, teratogen information specialist and mother of four, to continue the discussion of High Cholesterol they started on the last podcast. Chris and Dr. Lundberg talks about ways to keep your heart healthy in pregnancy. This podcast addresses healthy eating, exercise activity and other ways to reduce the likelihood of High Cholesterol, particularly in preparation of pregnancy and breastfeeding.

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Dr. Gina Lundberg of Emory University joins our MotherToBaby Podcast host Chris Stallman, a certified genetic counselor, teratogen information specialist and mother of four, to discuss familial hypercholesterolemia (familial hypercholesterolemia (fh)), a genetic disorder characterized by High Cholesterol levels and what's known about the condition in pregnancy and during breastfeeding. Chris and Dr. Lundberg also discuss a MotherToBaby study which aims to learn more about familial hypercholesterolemia (fh) in pregnancy. Plus, our host makes a big personal announcement.

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Chris Stallman, a certified genetic counselor, teratogen information specialist and mother of three (soon four), continues her conversation with two experts and new moms from the Centers for Disease Control and Prevention to talk about the five tips for preventing birth defects, which includes the importance of a healthy weight and boosting your health by avoiding harmful substances during pregnancy. Harmful substances discussed include alcohol, tobacco

and other drugs. The tips are part of the theme for January's National Birth Defects Prevention Month.

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