Episode 14: 5 Tips for Birth Defects Prevention: Part 1

Chris Stallman, a certified genetic counselor, teratogen information specialist and mother of three (soon four), talks with two experts and new moms from the Centers for Disease Control and Prevention about the five tips for preventing birth defects, which includes taking enough folic acid every day, booking a visit with your healthcare provider before stopping or starting any medicine, and getting up to date with all vaccines, including the flu shot. The tips are part of the theme for January's National Birth Defects Prevention Month.

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

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Episode 14: 5 Tips for Birth Defects Prevention: Part 1

Chris Stallman, a certified genetic counselor, teratogen information specialist and mother of three continues a discussion about a condition many women encounter during their pregnancies – gestational diabetes. This is a type of diabetes that develops during a woman's pregnancy. Chris shares her own management of gestational diabetes during her current pregnancy and is joined by Alfred Romeo, RN, PhD, a teratogen information specialist at MotherToBaby's Utah affiliate to help to provide evidence-based answers. MotherToBaby Utah is housed at the Utah Department of Health.

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Episode 14: 5 Tips for Birth Defects Prevention: Part 1

Chris Stallman, a certified genetic counselor, teratogen information specialist and mother of three addresses a condition many women encounter during their pregnancies – gestational diabetes. This is a type of diabetes that develops during a woman's pregnancy. Chris shares her own management of gestational diabetes during her current pregnancy and is joined by Alfred Romeo, RN, PhD, a teratogen information specialist at MotherToBaby's Utah affiliate to help to provide evidence-based answers. MotherToBaby Utah is housed at the Utah Department of Health.

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Episode 14: 5 Tips for Birth Defects Prevention: Part 1

What can a pregnant or breastfeeding woman take to control her mental illness? What happens if she leaves her mental illness untreated? What are the risks to her developing baby? Host Chris Stallman, a certified genetic counselor and mother, helps provide answers in a Maternal Mental Health Month special edition episode featuring Dee Quinn, also a certified genetic counselor, as well as a teratogen information specialist with a psychiatric nursing background. Also, this episode features special guests from Keepemcookin.com and SpeakingforMomsandBabies.com.

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