Ep. 95 – Pregnancy, Rheumatoid Arthritis & Resilience

What happens when a researcher studying pregnancy becomes a patient navigating her own autoimmune diagnosis? In this powerful episode of The MotherToBaby Podcast, genetic counselor Chris Stallman, CGC, sits down with Dr. Christina Longo, Assistant Professor at the University of Montreal and perinatal epidemiologist, to discuss her lived experience managing rheumatoid arthritis during pregnancy and breastfeeding.

Dr. Longo shares how her first diagnosis during pregnancy reshaped her research focus—from child outcomes to the importance of maternal health, mental wellbeing, and self-advocacy. She opens up about the difficult decisions she faced around medication safety, breastfeeding, and treatment during pregnancy, and how patient-led communities and research studies helped her find strength and clarity.

Listeners will learn:

- How autoimmune diseases can change during pregnancy and postpartum
- Why controlled treatment plans matter before conception
- The emotional and physical toll of navigating chronic illness while pregnant
- The importance of participating in pregnancy studies to improve care for future parents

Whether you're living with a chronic condition, supporting someone who is, or counseling patients through pregnancy, this episode sheds light on the urgent need for research, empathy, and balanced care for both parent and baby.

 Learn more or join a pregnancy study.

 Have questions about exposures during pregnancy or breastfeeding?
You can contact MotherToBaby for free, confidential, evidence-based information:
 Call: 866-626-6847
 Text: 855-999-3525
 Visit: https://mothertobaby.org/

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

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