Ep. 64: Weight Loss and Ozempic in Pregnancy

Sarah Obican, MD, a maternal-fetal medicine specialist at the University of South Florida and medical director of MotherToBaby Florida, joins host Chris Stallman, CGC to discuss what's known about Ozempic, berberine supplement and other weight loss trends during pregnancy and breastfeeding.

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Dr. Linda Eckert, a board-certified obstetrician and gynecologist and member of the American College of Obstetrics and Gynecology (ACOG) Expert Immunization Committee, talks to host Chris Stallman, CGC, about the RSV vaccine approved specific to pregnant people. They discuss how the vaccine can protect the pregnant person and unborn baby as well as when to receive the vaccine.

Links mentioned during the episode:

RSV Vaccine Finder

ACOG Vaccine Resource

More about expert and author Dr. Linda Eckert

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Amanda Devereaux, RN, BSN, from the National CMV Foundation, joins host Chris Stallman, CGC, to talk about what CMV is, how it affected her child and ways to prevent the spread of the infection during pregnancy. This is a special Birth Defects Awareness Month-focused episode. #everyjourneymatters #NBDAM #stopCMV

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

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Maternal-Fetal Medicine Specialist and social media health educator, Dr. Shannon Clark of @babiesafter35 joins host Chris Stallman to discuss high risk pregnancies and top ways to prevent birth defects.

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Ep. 64: Weight Loss and Ozempic in Pregnancy

Two experts from the Centers for Disease Control and Prevention (CDC) join host Chris Stallman, CGC, to talk about birth defects awareness “across the lifespan” and why it’s important for future generations.

Resources mentioned on the episode:

Free Materials about Congenital Heart Defects | CDC

Congenital Heart Defects Toolkit for Physicians | CDC

Birth Defects and Infant Disorders Resources |CDC

Free Materials on Spina Bifida | CDC

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