Ep. 45: Folic Acid and Birth Defect Prevention

The MotherToBaby Podcast welcomes CDC scientist CAPT Jennifer Williams to talk folic acid and its role in preventing birth defects of the brain and spine.

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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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