

## Ep. 68: Healthy Start and Racial Disparities

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Lisa Bain and Chardá Bell of the Global Communities' Healthy Start program join host Chris Stallman to talk about breastfeeding, the racial and economic disparities affecting many communities across the nation and what they're doing about it in San Diego, CA.

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

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Becky Spencer, PhD, APRN, PMHNP-BC, IBCLC, PMH-C, FILCA joins host Chris Stallman, CGC, to talk about updated information about having HIV and breastfeeding. Dr. Spencer discusses the stigma and provides the latest evidence-based guidelines for HIV-positive parents.

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Dr. Phil Anderson, medications in breastfeeding expert, joins host Chris Stallman, CGC, to discuss LactRx, a **free new app** providing current information on the use of medications, vaccines, diagnostic agents & drugs of misuse during breastfeeding. The LactRx app provides easy access to the LactMed database, a resource from the National Library of Medicine (NLM).



Download LactRx:

iPhone

Android

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