Episode 17: Heart Health in Pregnancy: Part 2

Dr. Gina Lundberg of Emory University joins our MotherToBaby Podcast host Chris Stallman, a certified genetic counselor, teratogen information specialist and mother of four, to continue the discussion of High Cholesterol they started on the last podcast. Chris and Dr. Lundberg talks about ways to keep your heart healthy in pregnancy. This podcast addresses healthy eating, exercise activity and other ways to reduce the likelihood of High Cholesterol, particularly in preparation of pregnancy and breastfeeding.

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

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Episode 17: Heart Health in Pregnancy: Part 2

Dr. Gina Lundberg of Emory University joins our MotherToBaby Podcast host Chris Stallman, a certified genetic counselor, teratogen information specialist and mother of four, to discuss familial hypercholesterolemia (familial hypercholesterolemia (fh)), a genetic disorder characterized by High Cholesterol levels and what's known about the condition in pregnancy and during breastfeeding. Chris and Dr. Lundberg also discuss a MotherToBaby study which aims to learn more about familial hypercholesterolemia (fh) in pregnancy. Plus, our host makes a big personal announcement.

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