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

Chris Stallman, a certified genetic counselor, teratogen information specialist and mother of three (soon four), continues her conversation with two experts and new moms from the Centers for Disease Control and Prevention to talk about the five tips for preventing birth defects, which includes the importance of a healthy weight and boosting your health by avoiding harmful substances during pregnancy. Harmful substances discussed include alcohol, tobacco and other drugs. The tips are part of the theme for January's National Birth Defects Prevention Month.

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Episode 17: Heart Health in Pregnancy: Part 2

Chris Stallman, a certified genetic counselor, teratogen information specialist and mother of three continues a discussion about a condition many women encounter during their pregnancies – gestational diabetes. This is a type of diabetes that develops during a woman's pregnancy. Chris shares her own management of gestational diabetes during her current pregnancy and is joined by Alfred Romeo, RN, PhD, a teratogen information specialist at MotherToBaby's Utah affiliate to help to provide evidence-based answers. MotherToBaby Utah is housed at the Utah Department of Health.

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