Ep. 75: Debunking Folic Acid Myths

Host Chris Stallman, CGC, welcomes back Maternal-Fetal Medicine Specialist and social media health educator, Dr. Shannon Clark of @babiesafter35. Dr. Clark joins the podcast for a special Folic Acid Awareness Week episode and debunks potentially dangerous folic acid myths being spread on social media. Hear the evidence-based facts in this important episode!

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

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Amy Nelson, MBA, BSN, RN, the Clinic Director at Pipestone Family Clinic in Pipestone, MN, joins host Chris Stallman, CGC, to talk about the importance of folic acid and a special program in Minnesota that's changing the habits of people of childbearing age through folic acid intervention. The Interventions to Minimize Preterm and Low Birth Weight Infants through Continuous Improvement Techniques (IMPLICIT) Network is a quality improvement collaborative focused on improving the health of women and their birth outcomes. This is a special episode in collaboration with Folic Acid Awareness Week. To learn more about folic acid, please see the MotherToBaby Folic Acid Fact Sheet or speak with an expert at MotherToBaby.org.

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