Ep. 71: Maternal Mental Health

Psychiatric nurse practitioner, Becky Spencer, PhD, APRN, PMHNP-BC, IBCLC, PMH-C, FILCA joins host Chris Stallman, CGC, to talk about maternal mental health, how common postpartum mental health challenges are and what to do to get help.

Resources mentioned in this episode:

Postpartum Support International

MotherToBaby Maternal Mental Health Hub

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Ep. 71: Maternal Mental Health

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

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

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Ep. 71: Maternal Mental Health

Maternal-Fetal Medicine Specialist and social media health educator, Dr. Shannon Clark of @babiesafter35 joins host Chris Stallman to discuss high risk pregnancies and top ways to prevent birth defects.

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Ep. 71: Maternal Mental Health

Two experts from the Centers for Disease Control and Prevention (CDC) join host Chris Stallman, CGC, to talk about birth defects awareness “across the lifespan” and why it’s important for future generations.

Resources mentioned on the episode:

Free Materials about Congenital Heart Defects | CDC

Congenital Heart Defects Toolkit for Physicians | CDC

Birth Defects and Infant Disorders Resources |CDC

Free Materials on Spina Bifida | CDC

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Ep. 71: Maternal Mental Health

Dr. Tolúwalàṣé (Laṣé) Ajayi, MD, FAAP from Scripps Research Digital Trials Center in California, joins host Chris Stallman, CGC to talk about PowerMom. PowerMom is a data-driven research project fueled by pregnant participants aimed at improving pregnancy health. Participants contribute information through the PowerMom website/app during their pregnancies and gain feedback as pregnancy progresses. Dr. Ajayi also shares her personal encounter with health disparities and why research may be one of the ways to help reduce the problem.

PowerMom: https://powermom.scripps.edu/

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