Ep. 48: Preconception Health and Birth Defects

Dr. Sarah Verbiest, of the University of North Carolina Collaborative for Maternal and Infant Health joins host Chris Stallman, CGC to discuss preconception health (before people become pregnant) and why it's important for reducing the risk for birth defects while leading to a healthier life across the lifespan of their offspring. The "Across the Lifespan" concept is part of the theme for January's Birth Defects Awareness Month.

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

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