Ep. 49: PowerMom and Pregnancy Research

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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Ep. 49: PowerMom and Pregnancy Research

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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Ep. 49: PowerMom and Pregnancy Research

Kimberly Harper, MSN, RN, MHA of The 4th Trimester Project and the University of North Carolina Collaborative for Maternal and Infant Health joins host Chris Stallman, CGC to discuss preparing for the critical weeks after getting home from the hospital with a newborn, also known as “the 4th trimester.”

Resources mentioned during the podcast include:

New Mom Toolkit: https://newmomhealth.com/

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The American Academy of Pediatrics' Alexandra Yonts, MD, FAAP joins host Chris Stallman, CGC, to talk about the symptoms of long COVID and the risks of it associated in pregnancy and children. Resources for families and healthcare providers mentioned by Dr. Yonts during the episode include:

https://www.longcovidkids.org/

https://www.survivorcorps.com/advocacy

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Ep. 49: PowerMom and Pregnancy Research

The MotherToBaby Podcast welcomes CDC scientist CAPT Jennifer Williams to talk folic acid and its role in preventing birth defects of the brain and spine.

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