

# Ep. 48: Preconception Health and Birth Defects

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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](https://www.MotherToBaby.org).**

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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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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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Nevena Krstić, MS, CGC, an expecting mom and teratogen information specialist at the MotherToBaby Florida affiliate joins host Chris Stallman, CGC to talk about yeast infection treatments during pregnancy.

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