Episode 14: 5 Tips for Birth Defects Prevention: Part 1

Chris Stallman, a certified genetic counselor, teratogen information specialist and mother of three (soon four), talks with two experts and new moms from the Centers for Disease Control and Prevention about the five tips for preventing birth defects, which includes taking enough folic acid every day, booking a visit with your healthcare provider before stopping or starting any medicine, and getting up to date with all vaccines, including the flu shot. The tips are part of the theme for January's National Birth Defects Prevention Month.

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

Disclaimer: MotherToBaby Fact Sheets are meant for general information purposes and should not replace the advice of your health care provider. MotherToBaby is a service of the non-profit Organization of Teratology Information Specialists (OTIS). Copyright by OTIS, January 16, 2020.

Episode 14: 5 Tips for Birth Defects Prevention: Part 1

Chris Stallman, a certified genetic counselor, teratogen information specialist and mother of three continues a discussion about a condition many women encounter during their pregnancies – gestational diabetes. This is a type of diabetes that develops during a woman's pregnancy. Chris shares her own management of gestational diabetes during her current pregnancy and is joined by Alfred Romeo, RN, PhD, a teratogen information specialist at MotherToBaby's Utah affiliate to help to provide evidence-based answers. MotherToBaby Utah is housed at the Utah Department of Health.

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

Disclaimer: MotherToBaby Fact Sheets are meant for general information purposes and should not replace the advice of your health care provider. MotherToBaby is a service of the non-profit Organization of Teratology Information Specialists (OTIS). Copyright by OTIS, January 16, 2020.

Episode 14: 5 Tips for Birth Defects Prevention: Part 1

Chris Stallman, a certified genetic counselor, teratogen information specialist and mother of three addresses a condition many women encounter during their pregnancies – gestational diabetes. This is a type of diabetes that develops during a woman's pregnancy. Chris shares her own management of gestational diabetes during her current pregnancy and is joined by Alfred Romeo, RN, PhD, a teratogen information specialist at MotherToBaby's Utah affiliate to help to provide evidence-based answers. MotherToBaby Utah is housed at the Utah Department of Health.

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

Disclaimer: MotherToBaby Fact Sheets are meant for general information purposes and should not replace the advice of your health care provider. MotherToBaby is a service of the non-profit Organization of Teratology Information Specialists (OTIS). Copyright by OTIS, January 16, 2020.

Episode 14: 5 Tips for Birth Defects Prevention: Part 1

What questions should you ask during the adoption process when it comes to medications, alcohol, illicit drugs and other exposures the baby might have had during his or her birth mother's pregnancy? Our MotherToBaby teratogen information specialists from MotherToBaby California and MotherToBaby North Texas who also have first-hand experience with adoption join host Chris Stallman, a certified genetic counselor, teratogen information specialist and mother of three, to answer the public's questions.

Disclaimer: MotherToBaby Fact Sheets are meant for general information purposes and should not replace the advice of your health care provider. MotherToBaby is a service of the non-profit Organization of Teratology Information Specialists (OTIS). Copyright by OTIS, January 16, 2020.

Episode 14: 5 Tips for Birth Defects Prevention: Part 1

Our experts continue the conversation about Zika Virus and why we're still talking about it well after its initial outbreak. We answer questions about men and Zika, planning a pregnancy and Zika, and much more. Lorrie Harris-Sagaribay, MPH, a bilingual teratogen information specialist at MotherToBaby North Carolina and Kirstie Perrotta, MPH, a teratogen information specialist at MotherToBaby California join host Chris Stallman, a certified genetic counselor, teratogen information specialist and mother of four, to answer the public's questions.

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

Disclaimer: MotherToBaby Fact Sheets are meant for general information purposes and should not replace the advice of your health care provider. MotherToBaby is a service of the non-profit Organization of Teratology Information Specialists (OTIS). Copyright by OTIS, January 16, 2020.