Ep. 84: GLP-1 Medications & Pregnancy: What We Know So Far

What do GLP-1 medications like Ozempic®, Wegovy®, and Mounjaro® mean for pregnancy, fertility, and breastfeeding? In this episode of The MotherToBaby Podcast, host and genetic counselor Chris Stallman welcomes Dr. Christina Han—Professor of Obstetrics and Gynecology and division director of Maternal-Fetal Medicine at UCLA, co-director of the Diabetes in Pregnancy Program, and Board Member of the Society for Maternal-Fetal Medicine.

Dr. Han breaks down current knowledge about GLP-1 receptor agonists and how they may impact people planning to conceive, those who are pregnant, and those breastfeeding. She also discusses considerations for people using these medications to manage type 2 diabetes or for weight loss.

 How might GLP-1s influence fertility in people with PCOS or obesity?
 What if pregnancy occurs while taking one of these medications?
 What does limited research tell us about GLP-1 use during breastfeeding?
 Why preconception planning and personalized care matter more than ever?

This episode offers expert insights and practical discussion for anyone navigating treatment decisions before, during, or after pregnancy.

 Learn more and explore evidence-based resources at MotherToBaby.org
 Questions? Speak with a specialist at (866) 626-6847 or text (855) 999-3525

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In this episode, Jenn Wisdahl, Chief Operating Officer at the non-profit FASD United, and Laura Bousquet, a mother to a young adult son diagnosed with FASD in his teens, join host Chris Stallman, CGC to discuss challenges many families with lived FASD experience face. Wisdahl leads FASD United's legislative and policy agenda and trains members of the FASD community to serve as advocates. She was also an executive producer on the award-winning short film "The FASD Project," and is a proud parent to 3 young adults with FASD. Bousquet is a passionate FASD advocate and active FASD United Board member whose own FASD diagnosis at age 57 deepened her dedication to inspiring positive change in the FASD community.

Resources Mentioned in This Episode:

- FASD Family Navigator – FASD United https://fasdunited.org/family-navigator/
- Resource Directory – FASD United https://fasdunited.org/resource-directory/
- Glimpses of FASD – FASD United https://fasdunited.org/glimpses-of-fasd/
- Give FASD a Seat at the Table – FASD United https://fasdunited.org/give-fasd-a-seat-at-the-table/
- FASD State Data Sheets – FASD United https://fasdunited.org/fasd-state-data-sheets/
- Video Series: Lived Experiences with Fetal Alcohol Spectrum Disorders – CDC https://www.cdc.gov/fasd/stories/video-series.html

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In the second episode of the fetal alcohol spectrum disorders (FASD) special series, we explore the Centers for Disease Control and Prevention's work addressing FASD and how scientific findings are helping shape prevention efforts.

Resources Mentioned in This Episode:

- About CDC's National Center on Birth Defects and Developmental Disabilities
- About Fetal Alcohol Spectrum Disorders
- What CDC Is Doing: FASDs
- Online Trainings and Resources
- FASD National Partner Network Toolkit
- Video Series: Lived Experiences with Fetal Alcohol Spectrum Disorders
- "Let's Talk" Materials Toolkit

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

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In this episode, Dr. Kenneth Lyons Jones, one of the pioneers who first identified Fetal Alcohol Spectrum Disorders (FASD) in the United States in 1973, and Dr. Christina Chambers, a renowned epidemiologist who has conducted groundbreaking research on the prevalence of FASD, join host Chris Stallman, CGC, to discuss the discovery of FASD, its common physical and cognitive traits, and its prevalence today.

Resources Mentioned in This Episode:

- Dr. Kenneth Lyons Jones on the History of Fetal Alcohol Syndrome – FASD
- Prevalence of Fetal Alcohol Spectrum Disorders in 4 US Communities | Antenatal Exposures and Child Outcomes | JAMA | JAMA Network
- Fetal Alcohol Spectrum Disorders – American Academy of Pediatrics
- Types of Treatment for FASDs | Fetal Alcohol Spectrum Disorders | CDC
- Choline supplements in young children with fetal alcohol spectrum disorder have lasting cognitive benefits | National Institute on Alcohol Abuse and Alcoholism (NIAAA)

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Dr. Kiarra King, MD, FACOG, a board-certified obstetrician-gynecologist and social media influencer with thousands of followers, joins host Chris Stallman, CGC to talk about the importance of diversity in pregnancy studies as well as self-advocacy during pregnancy. Dr. King was recently named one of the top 15 Chicago-based "influencers to follow" for her thoughtful content on women's health, well-being, self-care, lifestyle, fashion and family.

Resources Mentioned in this Episode:

Join a Pregnancy Study

Dr. Kiarra King's website

Dr. Kiarra King on Instagram

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