

Ep. 68: Healthy Start and Racial Disparities

Lisa Bain and Chardá Bell of the Global Communities' Healthy Start program join host Chris Stallman to talk about breastfeeding, the racial and economic disparities affecting many communities across the nation and what they're doing about it in San Diego, CA.

Questions? Call 866.626.6847 | Text 855.999.3525 | Email or Chat at [MotherToBaby.org](https://www.MotherToBaby.org).

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From snake bites to polar bear liver, Adam Overberg, a pharmacist, board-certified clinical toxicologist, and the director of the Indiana Poison Center, joins host Chris Stallman, CGC, to dish on the most interesting exposure questions he gets. Overberg is an alumnus of the University of North Carolina and completed his residency and toxicology training in Indianapolis, IN. He loves talking tox and poison centers with anyone in earshot and is an ardent proponent of equity in healthcare education, practice, and research.

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Becky Spencer, PhD, APRN, PMHNP-BC, IBCLC, PMH-C, FILCA joins host Chris Stallman, CGC, to talk about updated information about having HIV and breastfeeding. Dr. Spencer discusses the stigma and provides the latest evidence-based guidelines for HIV-positive parents.

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Host Chris Stallman, CGC, welcomes back Maternal-Fetal Medicine Specialist and social media health educator, Dr. Shannon Clark of [@babiesafter35](#).

Dr. Clark debunks myths about the risks associated with having children later in life. She also gives the audience insight into her own personal journey having children after age 35.

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Sarah Obican, MD, a maternal-fetal medicine specialist at the University of South Florida and medical director of MotherToBaby Florida, joins host Chris Stallman, CGC to discuss what's known about Ozempic, berberine supplement and other weight loss trends during pregnancy and breastfeeding.

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