

Travel During Pregnancy: Clinical Guidance for Providers

This free webinar features Mark Allen Turrentine, MD, FACOG, a nationally recognized OB-GYN from Texas Children’s Hospital and the Baylor College of Medicine, who also serves as Chair of the American College of Obstetricians and Gynecologists (ACOG) Committee on Practice Bulletins. Dr. Turrentine has authored numerous clinical guidelines, including **COVID-19 Vaccination Considerations for Obstetric-Gynecologic Care**, and is widely respected for his leadership in advancing evidence-based care for pregnant individuals.

In this provider-focused session, Dr. Turrentine offers clear, practical guidance on how to counsel patients about travel during pregnancy. He reviews current evidence on maternal and fetal health considerations, risks associated with air and long-distance travel, and key factors clinicians should weigh when advising patients. The discussion also highlights special concerns, such as travel during later stages of pregnancy, access to medical care while away from home, and how underlying health conditions may influence recommendations.

Designed specifically for obstetric and gynecologic providers, this webinar equips participants with research-based insights and real-world strategies to support informed decision-making. Attendees will gain confidence in guiding patients through complex travel-related questions, ensuring advice is consistent, up-to-date, and tailored to each individual’s circumstances.

The graphic features a blue and teal color scheme with a background of a cloudy sky. In the top left, the OTIS logo (Organization of Teratology Information Specialists) is displayed. The title 'Travel during Pregnancy' is written in large, bold, teal letters. Below the title, there is a 'WEBINAR' icon with a headset. A photograph of Dr. Mark Allen Turrentine, a man with grey hair and glasses wearing a dark suit and white shirt, is shown on the right side. At the bottom left, text indicates the webinar is presented by Mark Allen Turrentine, MD, FACOG, of the American College of Obstetricians and Gynecologists (ACOG). An airplane is depicted flying in the sky in the center of the graphic.

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Pregnancy is a critical time for identifying and managing co-occurring substance use disorders (SUD) and mental health conditions, yet these overlapping challenges are often underdiagnosed and undertreated. In the first installment of this two-part webinar series, **Marcela Smid, MD, MS, MA, Associate Professor at the University of Utah** and member of the **Society for Maternal-Fetal Medicine (SMFM)**, explores the complex intersection of pregnancy, SUD, and mental health.

Dr. Smid shares insights on the diagnostic difficulties faced by clinicians, the barriers pregnant women encounter when seeking care, and the stigma that often prevents treatment. Drawing from research and clinical experience, she offers evidence-informed strategies to support patients and improve outcomes.

This presentation is essential for healthcare providers, public health professionals, and advocates committed to improving maternal mental health and addressing the unique needs of pregnant women facing substance use and mental health conditions.



**When Pregnancy, Substance Use Disorder
and Mental Health Conditions Collide:
Diagnostic and Treatment Challenges and their
Evidence-Informed Solutions**

Marcela Smid, MD, MS, MA

Associate Professor, University of Utah
Member, Society for Maternal-Fetal Medicine



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