SSRIs and Pregnancy: Evidence-Based Insights with Dr. Sura Alwan

This free webinar features Sura Alwan, MSc, PhD, from the University of British Columbia and Executive Director of the PEAR-Net Society, a non-profit organization dedicated to promoting healthy fetal development through evidence-based information, research, and advocacy. Dr. Alwan is a leading expert in the field of perinatal pharmacology and maternal health, with extensive experience studying the effects of medications on pregnancy outcomes.

In this session, Dr. Alwan provides the most up-to-date information on the use of selective serotonin reuptake inhibitors (SSRIs) during pregnancy. SSRIs are among the most commonly prescribed medications for depression and anxiety, yet their use during pregnancy can raise important questions for both healthcare providers and expectant parents. Drawing from the latest research, Dr. Alwan discusses what is known about SSRIs and fetal development, the potential risks and benefits of treatment, and how this information can guide decision-making in clinical care and family planning.

This webinar is designed to support healthcare professionals, researchers, and families alike in navigating the complex considerations surrounding mental health treatment during pregnancy. Participants will come away with a deeper understanding of the evidence and practical strategies to support maternal and child health.

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