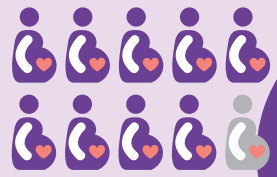


“  
Is this medication safe for  
me and my baby?”



9 out of 10  
women in the U.S.  
take a medication  
during pregnancy



## Research Fueled by Moms, for Moms

Our observational pregnancy research aims to find answers to whether mom's health conditions and treatments affect her pregnancy.

### PARTICIPATION IS EASY!

- 1 to 3 phone interviews during pregnancy with at least 1 interview after delivery
- Releasing medical records for your pregnancy and for your baby
- May include a free specialized pediatric exam and developmental testing for your baby
- No travel or changes to your medication use or healthcare routine

To share your pregnancy  
or learn more

[mothertobaby.org/studies](https://mothertobaby.org/studies)

877.311.8972

[mothertobaby@ucsd.edu](mailto:mothertobaby@ucsd.edu)

MotherToBaby Pregnancy Studies are conducted by OTIS and coordinated at the University of California San Diego.



**MotherToBaby** is the  
nation's most trusted source of  
evidence-based information on the  
safety of medications and other  
exposures during pregnancy and  
while breastfeeding.

Join the conversation  
**@MotherToBaby**

MotherToBaby is a service of the non-profit Organization of Teratology Information Specialists (OTIS), and is recommended by the FDA Office of Women's Health and the Centers for Disease Control and Prevention (CDC).

PATBR082017

When your bundle  
of joy comes with a  
bundle of questions

– *Ask the  
experts* –

**FREE baby  
development  
poster inside**



**Every mom should  
have access to  
accurate information  
to make the best  
healthcare decisions.**

MotherToBaby provides **FREE** information  
on **ANY** exposure during pregnancy and  
while breastfeeding.

When you have  
questions about...

Infections  
and vaccines



Prescription and  
over-the-counter  
medications



Medical conditions  
(like asthma, psoriasis,  
arthritis, and more)



Recreational substances  
(like alcohol, marijuana,  
tobacco, and more)



Workplace exposures  
(like radiation, chemicals,  
lead, and more)



Other common exposures  
(like caffeine, cosmetics  
and hair treatments, insect  
repellents, and more)



... contact our  
experts to receive  
personalized  
information!

**Speak directly  
with a specialist at**

877.311.8972

[MotherToBaby.org](https://MotherToBaby.org)

**MotherToBaby App**

Hablamos Español

# Critical periods of your baby's development



**What are structural birth defects?**  
Structural birth defects are abnormalities in the structure of body parts. Examples include cleft palate, heart defects and spina bifida.

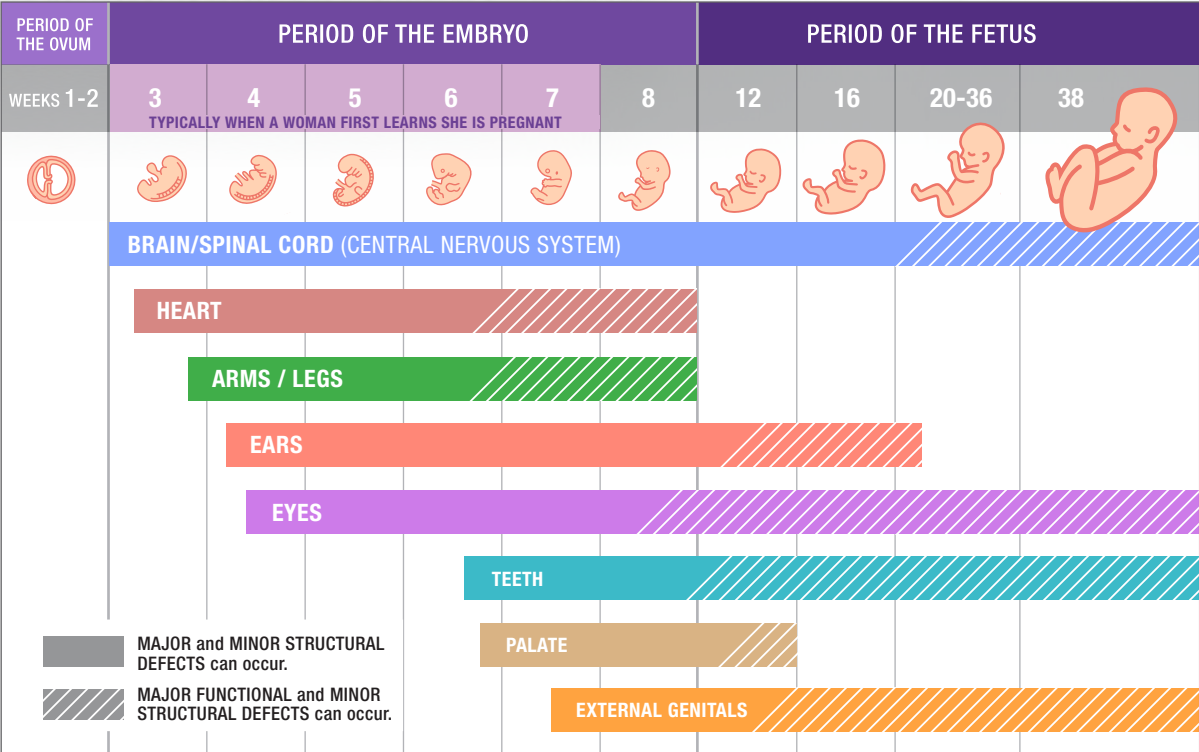


**What are functional birth defects?**  
Functional birth defects are problems in how a body system works. Examples include hearing and vision loss.



**What causes birth defects?**  
Birth defects can be caused by genetic (mutations) or environmental factors (teratogens). Examples of teratogens include alcohol, certain medications, and certain infections.

This chart shows the most sensitive times of a **baby's development** during the 38 weeks of pregnancy\*



\* This fetal chart shows the 38 weeks of pregnancy. Since it is difficult to know exactly when conception occurs, health care providers calculate a woman's due date 40 weeks from the start of her last menstrual cycle. Adapted from Moore, 1993 and the National Organization on Fetal Alcohol Syndrome (NOFAS) 2009



**ASK THE EXPERTS**  
about the safety of medications and other exposures during pregnancy.  
Call **877.311.8972**  
Visit **mothertobaby.org**  
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PREGNANCY STUDIES  
**RESEARCH FUELED BY MOMS**  
For a list of our current observational studies and to see if you qualify, visit **mothertobaby.org/studies**