

When your bundle  
of joy comes with a  
bundle of questions

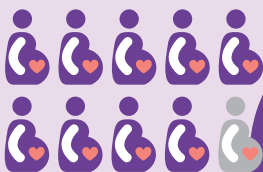
– *Ask the  
experts* –

**FREE baby  
development  
poster inside**



**MotherToBaby®**  
Pregnancy Studies

*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.

# 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...*

Prescription and over-the-counter medications



Infections and vaccines



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**

 **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?

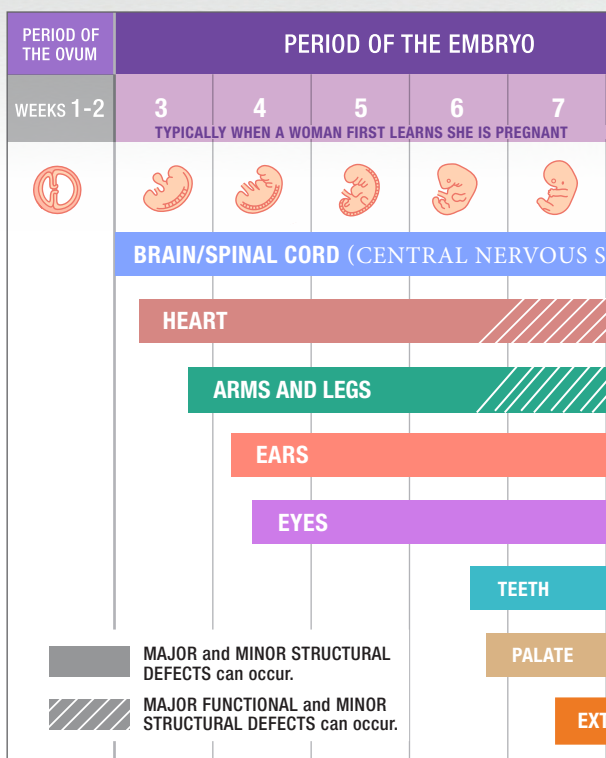
Functional birth defects are problems in how a body system works. Examples include hearing and vision loss.



## 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.



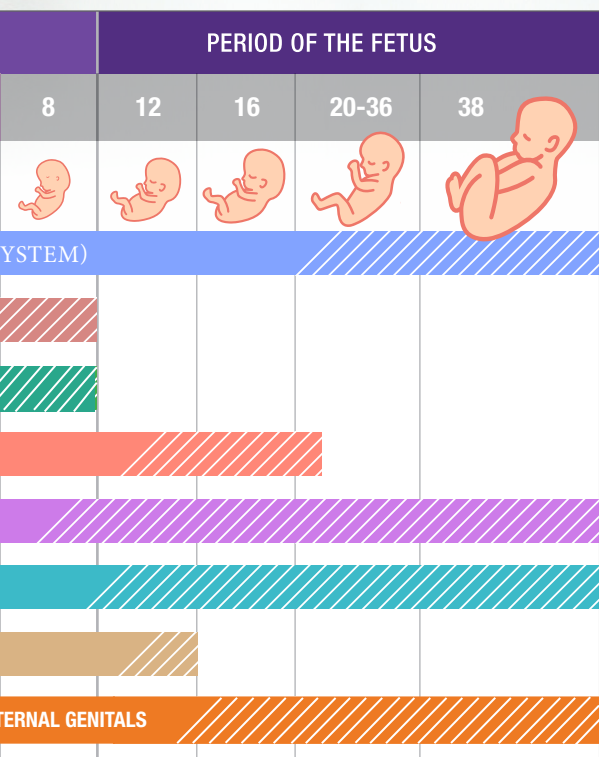
## ASK THE EXPERTS

about the safety of medications and other exposures during pregnancy.

Call **877.311.8972**

Visit **mothertobaby.org**

Hablamos Español



**MotherToBaby<sup>®</sup>**  
Pregnancy Studies

**RESEARCH FUELED BY MOMS**

For a list of our current observational studies and to see if you qualify, visit [mothertobaby.org/studies](https://mothertobaby.org/studies)



**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**  
f t in v p

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).