

WELCOME



37TH ANNUAL EDUCATION MEETING OF ORGANIZATION OF TERATOLOGY
INFORMATION SPECIALISTS MEMBERS & MOTHERTOBABY AFFILIATES



HILTON DENVER CITY CENTER

June 28 - July 1, 2025

Denver, Colorado

Lorrie Harris-Sagaribay, MPH, OTIS President

2025 OTIS Board of Directors



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2025 OTIS Committee Chairs

Sura Alwan

(Education, Meeting Planning)

Myla Ashfaq (Membership)

Gretchen Bandoli (Education)

Ashleigh Blomfield-Villarba

(Marketing & Website)

Claire Coles (Meeting Planning)

Joan Garey (Public Affairs)

Mara Gaudette (Abstract)

Beth Kiernan (Fundraising)

Lauren Kozlowski (Fundraising)

Réka Müller (Membership)

Al Romeo (Nominations)

Lori Wolfe (Marketing & Website)

MotherToBaby Questions Answered



Our MotherToBaby experts answered 32,576 exposure questions through phone, text, email or chat. The service is confidential and provided at no cost.

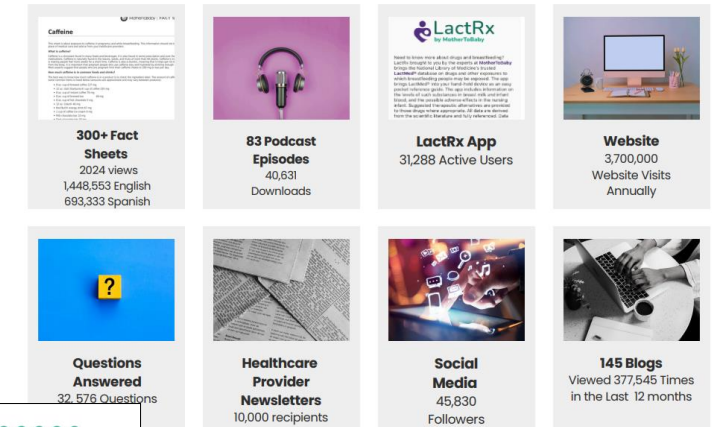
MOTHERTOBABY.ORG ●●●●●



MotherToBaby Reach

MOTHERTOBABY.ORG ●●●●●

MotherToBaby aims to provide evidence-based information in as many forms as possible to reach individuals where they are and provide them with vital information.



MOTHERTOBABY.ORG ●●●●●

2025 Goals

- Educate healthcare professionals, researchers and the public of the benefits and risks of exposures in pregnancy and lactation so as to improve health outcomes.
- Create professional development programs and tools for teratology information specialists to ensure high quality standards of care.
- Through outreach and collaborative relationships increase recognition of the value of the organization and accessibility and utilization of the services we provide across all populations.
- Increase viability of the organization by expanding the membership and establishing sustainable fiscal independence.

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Fundraising Committee: 2024 Impact Report



Research Newsletter

A quarterly product of the Education Committee

Radon Exposure and Gestational Diabetes

Zhang Y, Angley M, Lu L, et al. Radon Exposure and Gestational Diabetes. *JAMA Netw Open*. 2025;8(1):e2454319. doi:10.1001/jamanetworkopen.2024.54319

Summary by Gretchen Bandoli

Quick summary: Radon, as measured at residential addresses at delivery, was associated with an increased odds of gestational diabetes, with stronger associations with smoking and exposure to PM2.5.

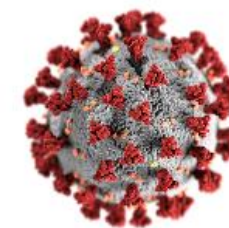
Q1 FUN FACT

Most people think that Rx is derived from the Latin word "recipe", meaning "take", but another interesting theory suggests that it evolved from the Eye of Horus, an Egyptian symbol believed to have healing powers. Pharmacies and drugstores have been around for a long time. The world's oldest prescriptions were etched into tablets around 2100 B.C. and Baghdad was home to some of the earliest drugstores, dating as far back as the eighth century.



Pregnancy Outcomes After Semaglutide Exposure

Kolding L, Henriksen JN, Sædder EA, Ovesen PG, Pedersen LH. Pregnancy Outcomes After Semaglutide Exposure. *Basic Clin Pharmacol Toxicol*. 2025 Apr;136(4):e70021. doi: 10.1111/bcpt.70021. PMID: 40083043; PMCID:



COVID-19 Vaccination During Pregnancy and Major Structural Birth Defects

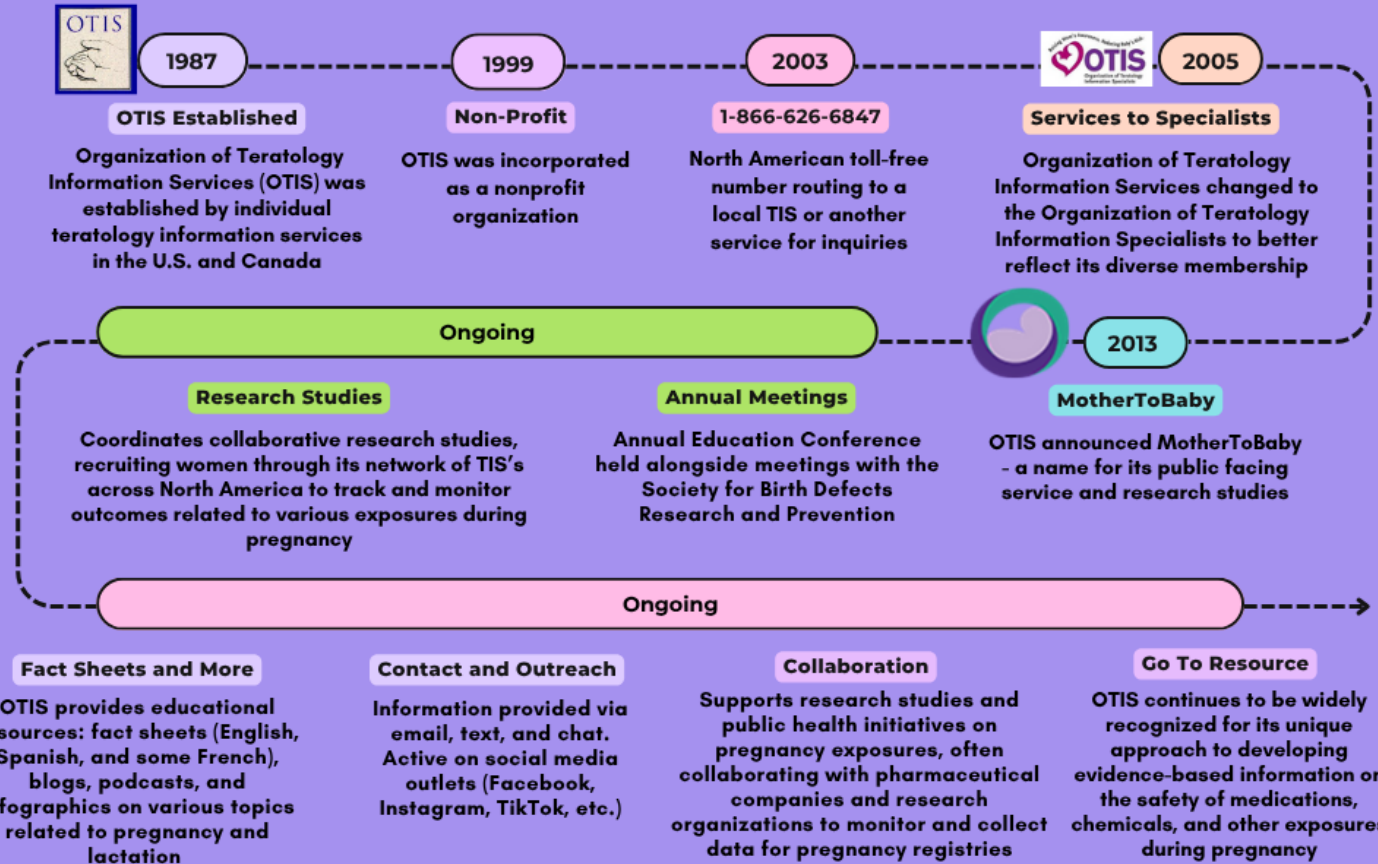
Rowe SL, Sullivan SG, Muñoz FM, Coates MM, Agnew B, Arah OA, Regan AK. COVID-19 Vaccination During Pregnancy and Major Structural Birth Defects. *Pediatrics*. 2025 Apr 1;155(4):e2024069778. doi: 10.1542/peds.2024-069778. PMID: 40081452.

This study aimed to compare the prevalence of major structural birth defects by COVID-19 vaccination status and key strata: insurance provider, clinically diagnosed SARS-CoV-2 infection during pregnancy, and concomitant administration of

Education Committee: Quarterly Research Newsletters

Organization of Teratology Information Specialists: History and Framework

For over 30 years, our experts have provided the most cutting-edge and up-to-date information about the risks of exposures during pregnancy and while breastfeeding



Membership Committee: Updated New Member Packet



Coalition to Advance Maternal Therapeutics



Who We Are

The Coalition to Advance Maternal Therapeutics (CAMT) was launched in 2014 with the goal of better understanding the safety and efficacy of prescription drugs, therapeutics, and vaccines used during pregnancy and breastfeeding. CAMT advocated for the creation of a federal task force (the [Task Force on Research Specific to Pregnant Women and Lactating Women](#), PRGLAC) to identify and address gaps in knowledge regarding safe and effective therapies and vaccines for pregnant and lactating women.

CAMT and its member organizations are committed to raising awareness among policy makers and industry about the need to include pregnant and lactating women in clinical trials, where appropriate, to close our gaps in knowledge, and ultimately improve the health of women and their families.

The Problem

Each year, nearly four million women in the U.S. give birth and more than three million breastfeed their infants.^{i,ii} Nearly all of these women will take a medication or receive a vaccine. **Yet not enough is known about the effect of most drugs on a woman and her pregnancy, or the ways in which pregnancy may alter the uptake, metabolism, and effect of medication.** For example, the rate at which certain drugs are excreted through the kidney may increase by 50% during pregnancy. As more women with chronic diseases, such as diabetes, hypertension, depression and asthma, are becoming pregnant, safe and effective medications to manage these ongoing conditions throughout their pregnancy and beyond are needed.

Member Organizations

Academy of Breastfeeding Medicine
American Academy of Pediatrics *
American Academy of Allergy, Asthma & Immunology's Vaccines and Medications in Pregnancy Surveillance System
American College of Nurse-Midwives
American Association of Colleges of Pharmacy
American College of Obstetricians and Gynecologists *
American Heart Association
Association of Maternal & Child Health Programs
Association of Women's Health, Obstetric, and Neonatal Nurses
Elizabeth Glaser Pediatric AIDS Foundation
Endocrine Society
Epilepsy Foundation
Genetic Alliance
March of Dimes *
Maternal Mental Health Leadership Alliance
National Association of Nurse Practitioners in Women's Health
North American Society for Psychosocial Obstetrics and Gynecology
Organization of Teratology Information Specialists
Society for Birth Defects Research and Prevention
Society for Obstetric Anesthesia and Perinatology
Society for Maternal-Fetal Medicine *
Society for Women's Health Research
Treatment Action Group
United States Breastfeeding Committee
WomenHeart: National Coalition for Women with Heart Disease

* Denotes Steering Committee Member

Public Affairs Committee: CAMT Participation

Communications



Nicole Chavez,
Communications Specialist



Ashleigh Blomfield-Villarba,
Website Specialist



Chris Stallman,
Host, MotherToBaby Podcast

Protecting You and Your Baby Vaccines Recommended in Pregnancy

Did you know?
Vaccines are well studied in pregnancy and not shown to increase risks for the developing baby.

COVID-19 Vaccine

COVID-19 infection in pregnancy increases your chances of pregnancy problems, being hospitalized, needing a ventilator, and death.

GET VACCINATED with the updated COVID-19 vaccine every year, in any trimester of pregnancy.

Flu Shot

The flu during pregnancy increases your chance of getting very sick. This can lead to pregnancy problems, hospitalization, and even death.

GET VACCINATED with the flu shot every year, in any trimester of pregnancy.

RSV Vaccine

RSV (respiratory syncytial virus) can cause severe illness in babies. Getting the vaccine in pregnancy protects the baby from RSV after delivery.

GET VACCINATED with the Abrysvo® RSV vaccine in weeks 32-36 of pregnancy between September and January. (RSV season may differ in some areas. Check with your healthcare provider.)

Tdap

Pertussis (whooping cough) can be serious and even life threatening for young babies. Getting the Tdap vaccine in each pregnancy protects the baby from pertussis after delivery.

GET VACCINATED with Tdap in the third trimester (27-36 weeks) of every pregnancy.

Did you know?
Studies show that antibodies you make after getting vaccinated in pregnancy pass to your baby and can protect them for months after they are born.

For more information about vaccines or other exposures in pregnancy or lactation, call 866-626-6847, text 855-999-3525, or visit <https://mothertobaby.org/> to live chat or email and access fact sheets, baby blogs, podcasts and more!

MotherToBaby®

Your Guide to Radiation Sources during Pregnancy

BY MOTHERTOBABY AND
HEALTH PHYSICS SOCIETY

Need more information about your specific radiation exposure?

MotherToBaby
For personalized information about radiation and other exposures in pregnancy and breastfeeding
mothertobaby.org/radiation

**HPS
Health Physics Society**
"Ask the Experts" for helpful answers to questions about various radiation exposures
mothertobaby.org/hps

Everyone is exposed to low levels of naturally occurring radiation from the earth (soil), the foods we eat, the water we drink, and the air we breathe.

Microwaves, Wi-Fi, cell phones, ultrasounds, and metal detectors use nonionizing radiation. This type of radiation is not expected to increase risks to a pregnancy.

In most cases, exposure to radiation from medical procedures such as X-rays and CT scans during pregnancy is not high enough to pose a risk to the pregnancy.

Sometimes, people may have higher levels of exposure to radiation because of an illness or ongoing exposure. It's important to monitor the total radiation dose in these situations to minimize risks for the pregnancy.

Rarely, radiation emergencies can happen. Accidents, such as power plant meltdowns, can lead to elevated levels of radiation in the local area that may be cause for concern.

Prenatal Visit FAQs

Q. What can I expect during my appointment?
Expect a physical exam, blood and urine tests, and personal health questions including safety at home, medication and substance use, health conditions, and seatbelt use, to assess your overall health.

Q. Is it ok to bring my family members into my appointment?
Yes, you can bring a trusted family member to your visits if it makes you more comfortable.

Q. Is there anything I should ask my doctor during my visit?
Use your appointment to ask any questions or address concerns about genetic testing, ultrasounds, nutrition, medications, or managing chronic diseases during pregnancy. Later in pregnancy, ask about your delivery hospital, NICU availability, birth plans, breastfeeding resources, and postpartum support.

Q. How honest can I be with my doctor during my appointment?
Be honest with your physician or midwife. If you're uncomfortable, consider finding another provider.

Q. Is there anything I might say that can get me in trouble?
Laws vary by state, but most don't require doctors to report drug or alcohol use during pregnancy—reporting usually happens after birth based on a baby's drug test. Being honest and seeking treatment during pregnancy is generally safer both medically and legally than waiting until delivery.

Q. If I don't feel comfortable with my provider, what should I do?
If you don't feel at ease with your provider, see if you can switch within the practice, as feeling empowered improves outcomes for both you and your baby.

MotherToBaby®
For personalized information about medications, supplements, and other exposures in pregnancy and breastfeeding: mothertobaby.org

MotherToBaby is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award funding \$2,000,000 with zero percentage financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement by HRSA, HHS or the U.S. Government. To learn more about MotherToBaby and CTS, please visit www.MotherToBaby.org

Medication Safety Tips

For Women who are Pregnant and Breastfeeding

Medications: Tips to help prevent mix-ups, extra doses, and misplaced pills

- Store your personal medications and prenatal vitamins in a separate place from your pet's and other family members' medications.
- Keep your medications in their original containers until the moment you are ready to take them.
- Avoid taking your medications in the dark.
- Set a reminder on your phone to take your medications. Keep a calendar nearby or use your phone to check off each dose right after you take it.
- If you can't remember whether you took a medication, check with your healthcare provider or a Poison Center for advice before possibly taking an extra dose.
- Check with your healthcare provider or a MotherToBaby specialist before taking any over the counter medications.
- Check with your healthcare provider before taking the past. Do not take medications that are prescribed for someone else.
- Do not take medications that are expired.
- Be sure to keep all medications out of the reach of children.

Supplements: Think carefully before taking any

- Check with your healthcare provider or a MotherToBaby specialist before taking any supplements.
- Do not assume that herbal products and other supplements are safe for use in pregnancy.
- Supplements are not regulated by the U.S. Food and Drug Administration (FDA) for safety or effectiveness before they are marketed. Some supplements may contain contaminants, including heavy metals.

MotherToBaby®
For personalized information about medications, supplements, and other exposures in pregnancy and breastfeeding: mothertobaby.org

Pesticide Use Safety Tips

For Women who are Pregnant and Breastfeeding

To help lower your exposure to pesticides used indoors and outdoors:

- Choose a pesticide meant for the location and kind of pest you are treating.
- Carefully read and follow the directions on the label.
- If possible, ask another adult who is not pregnant or breastfeeding to mix and apply pesticides. Wear gloves, long sleeves, long pants, and shoes when mixing or applying pesticides. Change clothes and wash your hands afterwards.
- For indoor pesticide use:
 - Remove or cover nearby foods and dishes. After treating the area, wipe down nearby food preparation surfaces before using them again.
 - Increase ventilation by opening windows and doors and running fans.
 - Leave the area for as long as the label recommends, or at least until the product is completely dry if there is no recommendation.
- For outdoor pesticide use:
 - Close doors and windows to avoid getting pesticides in the home.
 - Avoid contact with treated areas until they are dry.
 - Store pesticides safely! Keep them in their original containers out of the reach of children.

For safer use of pesticides on the body (such as insect repellents & lice treatments):

- Check with a healthcare provider before use.
- Carefully read and follow the directions on the label, including how often to apply the product, how long to leave it on, and when to wash it off.
- Do not apply pesticides under your clothing unless directed to on the label.
- Apply in an area with good ventilation and wash your hands after applying.

MotherToBaby Fact Sheets:

- Pesticides: <https://mothertobaby.org/fact-sheets/pesticides-pregnancy/>
- Insect repellents: <https://mothertobaby.org/fact-sheets/insect-repellents/>

MotherToBaby®
For personalized information about medications, supplements, and other exposures in pregnancy and breastfeeding: mothertobaby.org

ARIZONA
Poison and Drug Information Center
For questions about poisoning, stings, bites, overdoses, and the proper use of medications, call a Poison Center at 800-222-1222 (24 hours a day, 7 days a week)

Educational Resources

Communications



Nicole Chavez,
Communications Specialist



Ashleigh Blomfield-Villarba,
Website Specialist



Chris Stallman,
Host, MotherToBaby Podcast

Fact Sheet Team



Ginger Nichols, Writer



Chris Stallman, Writer



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Chat Coordinator

Lori Wolfe

Text Coordinator

Nevena Krstić

Phone Coordinator

Beth Conover

Email Coordinator

Elizabeth Wasternack

OTIS Executive Director

Collaboration



International Collaboration



MotherToBaby Pregnancy Studies

VACCINES & VIRUSES

- Boostrix (Pertussis/Tdap Vaccine)
- COVID-19 illness *with* exposure to Paxlovid™

CHRONIC CONDITIONS

RHEUMATOLOGY

- Ankylosing Spondylitis
- Lupus
- Non-radiographic Axial Spondyloarthritis
- Psoriatic Arthritis

NEUROLOGICAL

- Multiple Sclerosis

SKIN

- Eczema/Atopic Dermatitis
- Hidradenitis Suppurativa
- Psoriasis

OTHER

- Non-disease controls / No exposure to disease, vaccine, or medication

MEDICATIONS

- Adbry® (tralokinumab-ldrm)
- Benlysta® (belimumab)
- Bimzelx® (bimekuzemab)
- Ebglyss® (lebrikizumab-lbkz)-
upcoming
- Ilumya® (tildrakizumab)
- Kesimpta® (ofatumumab) (US PATIENTS ONLY)
- Mayzent® (siponimod) (US PATIENTS ONLY)
- Motegrity® (prucalopride)
- Sotyktu® (deucravacitinib)
- Tremfya® (guselkumab)

Updated June 26, 2025

Human Teratogens Course

SAVE THE DATE

Human Teratogens

A Live Virtual Course

February 23–25, 2026
10:00 AM–4:00 PM ET (US)

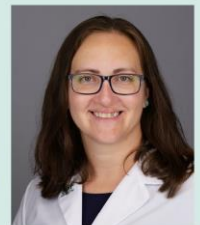
SCAN FOR
MORE INFORMATION



Sarah G. Običan, MD
USF Health
Course Director



Nevena Krstić, MS, CGC
USF Health
Course Coordinator







We had considered not continuing this pregnancy because we were so worried about this exposure. No one else could give us a clear, helpful explanation until we spoke to you. Now we feel much more **reassured** about all of this. Thank you!

I understood exactly what you said, and you supplied me with information that I am able to use. It put me at ease. I am **very well informed** now.

*Very timely and informative, gave me some much needed **perspective** to help me make this decision.*

I'm really, really glad this resource is here **when I can't get in touch with my doctor** right away. Actually, my doctor referred me to this. Thank you!

Everything I found out about my medication is **not as alarming** as I was believing. You answered every question honestly without sugarcoating it, which is completely awesome.

*I am just so grateful for the **knowledge** and this resource and hope that this may continue for as long as possible.*

