

# UConn HEALTH



## MotherToBaby CONNECTICUT

Medications & More During Pregnancy & Breastfeeding  
Ask The Experts

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# MotherToBaby Connecticut

- A state and federally funded program for Connecticut residents or women who have Connecticut health care providers.
- Provides free, confidential, up-to-date information on exposures prior to and during pregnancy and breastfeeding.
- Information is provided to callers by teratogen information specialists.

# MotherToBaby Connecticut

- Information is provided by
  - Phone
    - 800-325-5391 (from CT)**
    - 866-626-6847**
    - Or**
    - 860-679-6199**
  - In person consultation
  - Email
    - [MotherToBaby@uchc.edu](mailto:MotherToBaby@uchc.edu)

# Who should Call MotherToBaby CT?

- Pregnant or breastfeeding women and/or their partners
- Those planning a pregnancy
- Health care providers
  
- We research questions on:
  - Medications - Prescription and Over-The-Counter
  - Herbals
  - Radiation
  - Infectious diseases
  - Medical conditions
  - Use of drugs or alcohol
  - **Occupational and environmental exposures**
    - may be referred to the Occupational and Environmental Reproductive Hazards Clinic

82

**Pb**

**Lead**

207.2

# Examples of Lead ?s from MTB CT Callers

- I'm pregnant and we just bought a home. The water tested positive for lead.
- I rent/own a home built before 1970. Now that I am pregnant, can I live here?
- I am nursing my 3 month old baby. We just started some home renovations. Our contractor told us we have lead paint on the walls that are being worked on. Should I be concerned?
- I heard, on the news, about lead in public water supplies and in schools. Should I drink only bottled water?

# Examples of Lead ?s from MTB CT Callers

- I just moved here from another country. My doctor told me my blood lead levels were high and I am pregnant.
- When I was a child, I was exposed to lead and treated for high levels. Do I need to be concerned now that I am pregnant?
- My husband works in a job that could lead to lead exposure. He comes home in work clothes that are covered in dust. Now that I'm pregnant, this concerns me.
- I practice shooting my gun at a private firing range.
  - or
- I am a police officer and now that I'm pregnant, wondering about the safety of gun practice – specifically about lead, since we still use lead core / lead tipped bullets

# Some Resources on Lead at MotherToBaby.org

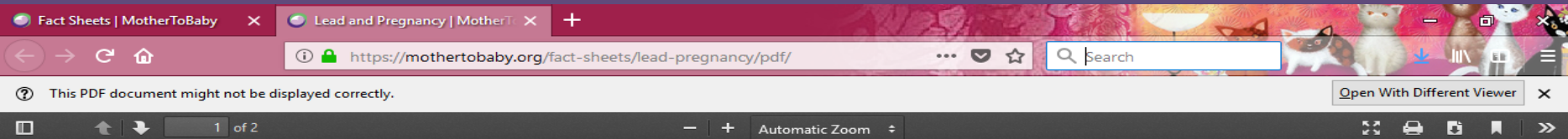
- [www.MotherToBaby.org](http://www.MotherToBaby.org)
- <https://mothertobaby.org/news-press/frequently-asked-questions-about-lead-during-pregnancy-breastfeeding/>
- This page has links to two Youtube videos, a rack card, and our patient friendly fact sheet.

The screenshot shows a web browser window with the URL <https://mothertobaby.org/news-press/frequently-asked-questions-about-lead-during-pregnancy-breastfeeding/>. The page title is "Frequently Asked Questions About Lead During Pregnancy & Breastfeeding" dated Friday, 20 January 2017. There are social media share buttons for Facebook and Twitter. Below the text are two video thumbnails: "For Moms: Lead and Pregnancy/Bre..." and "For Providers: Lead Exposure in Pre...". The main content area lists several frequently asked questions with "Read more" links. A yellow callout box on the right says "Click HERE to download or share this digital, bilingual rack card about lead!". At the bottom right, there is a rack card for the MotherToBaby app, which provides contact information and a tip about lead exposure.



# Lead Fact Sheet

## MotherToBaby.org



## Fact Sheet

by the **Organization of Teratology Information Specialists (OTIS)**  
For more information about us or to find a service in your area,  
call **(866) 626-6847**. Visit us online at **www.MotherToBaby.org**.  
Find us! Facebook.com/MotherToBaby or @MotherToBaby on Twitter

### Lead and Pregnancy

In every pregnancy, a woman starts out with a 3-5% chance of having a baby with a birth defect. This is called her background risk. This sheet talks about whether exposure to lead may increase the risk for birth defects over that background risk. This information should not take the place of medical care and advice from your health care provider.

#### ***What is lead and where is it found?***

Lead is a heavy metal. It can be found in many places such as cosmetics, children's & costume jewelry, old paint, gasoline, and in many types of hobbies and industry. In 1978, the United States government banned the use of paint containing lead, and they started to limit the use of lead in gasoline around 1980. Lead is still used in making pottery, and in various industries such as battery manufacturing, auto repair, and printing. Some traditional or folk medications can contain high amounts of lead, as well as some types of candy made in Mexico. Lead can leach out of pipes into drinking water. Even with attempts to limit sources of lead, lead can still be found in the ground and in water.

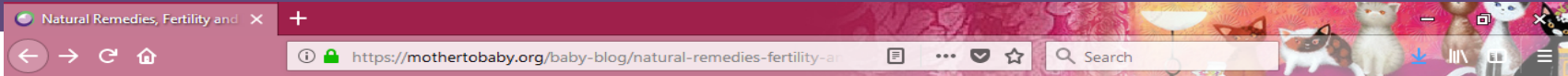
#### ***How does lead get into my body?***

Lead can be absorbed through the lungs and gut. When lead paint is sanded or disturbed it produces dust that contains lead. If you breathe in that dust, the lead can get into your lungs. It can also get into your body through the gut if you swallow lead paint chips, medications, soil, water, or other items that contain lead. Only small amounts of lead get into the body through the skin. It is important to carefully wash your body, especially hands, if you have been exposed to lead. This is to keep lead from getting into your mouth from your hands.

Because lead is found in many places in our environment, most people have small amounts of lead in their blood. When a person is exposed to lead over a long period of time or at a high level the body will store lead in the bones and teeth. Lead can stay in the bones and teeth for many years. During pregnancy and breastfeeding, lead can leave bone and move back into the bloodstream.

# Baby Blog

# MotherToBaby.org



## The Baby Blog

### Natural Remedies, Fertility and Lead: An All Too Common Mix

© Wednesday, 05 July 2017



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By Kurt Martinuzzi, MD, Asst. Professor in the Dept of Ob/Gyn at Emory University and Claire D. Coles, PhD, MotherToBaby Georgia Director

Aryan\* and Shanaya had been married for two years and very much wanted to start a family. When they were not successful at getting pregnant, they were tested for fertility (all tests came back as normal) and months of expensive medical treatments were tried without success. Emotionally and financially spent, the couple sought the counsel of friends and family. A childhood friend from India recommended an over-the-counter herbal fertility supplement called **vasantha kusumakaram**. The product is described as being "100% natural" so she was certain that it must be safe. Shanaya took this daily for 5 months and hoped for a baby.

In India, the traditional approach to medical care is referred to as **ayurvedic medicine**. In this 2000-year-old tradition, naturally occurring herbs are mixed with other substances and are prescribed for a range of symptoms. Vasantha kusumakaram is

Health Professionals



Fact Sheets



F.A.Q's



## Testimonials



"I really felt much more at ease after hearing MotherToBaby's insight and getting more knowledge on the usage of the medication I may take during pregnancy."

- Blake from Illinois



## Pregnancy Calculator

First Date of Last Menstrual Period \*

MM

DD

YYYY

Average Length of Cycles \*



# Region 1 NE PEHSU

## NIH of Environmental Health Sciences

### "Myths about Lead" Podcast

- In collaboration with the National Institute of Environmental Health Sciences (NIEHS), Marissa Hauptman, MD, MPH, FAAP developed a podcast entitled *Demystifying the Common Myths about Lead*.
  - podcast provides evidence that debunks common myths surrounding pediatric lead poisoning today and highlights the PEHSU network as a key resource to address lead poisoning prevention. The podcast and relevant key resources are available.
- [https://www.niehs.nih.gov/research/supported/translational/peph/podcasts/lead\\_myths](https://www.niehs.nih.gov/research/supported/translational/peph/podcasts/lead_myths)

Webpage also has other resource links.



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