

Medical Edge Radio from Mayo Clinic

Pregnancy & Herbal Supplements

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S TODAY'S MEDICAL EDGE FROM MAYO CLINIC.
	IF YOU'RE PREGNANT OR NURSING, YOU KNOW IT'S IMPORTANT TO EAT RIGHT BECAUSE BABY IS GETTING NUTRITION FROM YOU. THAT'S WHY YOU ALSO NEED TO CAREFULLY MONITOR YOUR USE OF MEDICATIONS. MAYO CLINIC DR. ROGER HARMS SAYS WOMEN COMMONLY SAY THEY WOULD NEVER EXPOSE THEIR CHILD TO MEDICATIONS, BUT...
Roger Harms, M.D.	"THEY MAY BE TAKING HERBAL SUPPLEMENTS OR OTHER

	<p>NUTRITIONAL SUPPLMENTS WHICH ARE JUST AS DANGEROUS, OR MORE DANGEROUS THAN MANY PRESCRIPTION MEDICATIONS. BUT THEY DON'T HAVE THAT INSIGHT."</p>
	<p>PART OF THE PROBLEM IS THAT NUTRITIONAL AND HERBAL SUPPLEMENTS ARE LARGELY UNREGULATED. SO...</p>
<p>Dr. Harms</p>	<p>"WHAT PRECISELY IS IN THAT BOTTLE OF BLACK COHOSH (CO-HOSH) THAT YOU BUY, TO SOME EXTENT IS REALLY ANYBODY'S GUESS. THAT SHOULD GIVE YOU SOME QUALMS RIGHT OFF THE BAT."</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR LOG ONTO MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.</p>
