



Reinventing Preconception Health through the Lens of Precision medicine

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Abstract:

The maternal death rate in the United States has garnered increased interest and attention in the media over the past years. The Centers for Disease Control and Prevention (CDC) states for every American woman who dies from childbirth, 70 nearly die. That adds up to more than 50,000 women who suffer “severe maternal morbidity” from childbirth each year. This creates extended concerns especially since almost 50% of pregnancies are unplanned. Preconception health is a pivotal time and often overlooked part of women’s health. This period of time creates opportunities to evaluate health risks that potentially compromise the health of mother and baby in the future. So why not plan pregnancy more strategically? Epigenetics involves modifications of gene expression without changing the DNA blueprint. Transgenerational epigenetics through inheritance reflects epigenetic marks acquired on DNA through one generation and passed to the next. Looking through the lens of precision medicine utilizes the evolving field of epigenetics to improve probability of creating desired outcomes. Precision medicine offers the opportunity to focus on daily integration of uniquely fitted lifestyle recommendations of nutrition, supplementation, exercise and the mitigation of stress. Understanding the scope of these effects on the future mothers’ genetic makeup can, in turn, improve the probability of improved maternal and offspring outcomes.

Biography:

Dr. LaReesa Ferdinand is a board certified obstetrician and gynecologist and an integrative women’s health specialist with a wealth of experience for over 10 years. Her mission is to redefine health and wellness as a whole-body connection focusing on restored hormone balance and solutions that meet the needs of every woman’s lifestyle. Her results driven solutions are highly sought after in her clinical practice and speaking engagements.



It is her passion to assist women in bridging the gap to understand the missed opportunities in the typical doctor-patient exchange. She helps women restore hormone balance and seek “best fit” solutions through a more personalized “Whole-istic” approach. Her expertise involves creating strategies combining parts of her conventional medical background with advanced skill sets of metabolic and nutritional lifestyle medicine. Outside of attaining her medical doctorate and residency training, Dr LaReesa has also completed an Emerging Infectious Disease Laboratory Fellowship at the Centers for Disease Control and Prevention, training in anti-aging, metabolic, nutritional Medicine, and Epigenetics Coaching. She is married with one child and enjoys relaxing with family, reading, traveling, and mentoring young women.

Publication of speakers:

1. BV Ommen. “Nutrigenomics:Exploiting Systems Biology in the Nutrition and Health Arenas”, Nutrition 20:4-8, 2004.
2. R Kankerkar. S Stair, et al. “Epigenetic Mechanisms of Integrative Medicine”. Hindawi. Article ID 4365429.pp 1-19, 2017.
3. N Youngson. E Whitelaw, “Transgenerational Epigenetic Effects,” Annual Review of Genomics and Human Genetics, vol9, no 1, pp 233-257.2008.

Webinar on Experts Meet On Gynecology and Womens Health

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