Priya Bathija (00:01)
Being a woman of childbearing age in the United States comes with a lot of questions. Your family asks, when are you settling down and having kids? Society asks, what's wrong with you if you don't? And that's on top of all the questions you have about pregnancy itself. With all the noise, it's nearly impossible to get the unfiltered truth about having a baby. I'm Priya Bethija, and this is the Women's Health Playbook.

This season, we start with tackling the question of whether you want to have children or not.

Dr. Asima Ahmad (00:38)
Know a little bit about what your options are because that'll also help you realize if you do feel comfortable pursuing certain types of treatments, because they're not all met for everyone.

Priya Bathija (00:47)
And if you don't want to have kids, how you'll face the pressure that society places on women to reproduce.

Dr. Jessica Zucker (00:54)
Why don't you wanna do this? What is wrong with why can't you secure a relationship to make this work? Or why not, just do it alone.

Priya Bathija (01:04)
And then we'll dive into what it actually means to have a baby in America. From your rights in the workplace...

Jack Tuckner (01:10)
From conception to postpartum, you now have the right to special freaking treatment.

Priya Bathija (01:17)
To prepping your plan…

Dr. Dorrette Noorhasan (01:21)
We have all the say in our body, and we're the CEO of our bodies.

Dr. Afrouz Demeri
You don't want to wait. Look at your health now and try to really understand your cycles. What is my fertility status and assess it.

Priya Bathija (01:32)
And to sharing the load with your spouse or partner.

Dr. Sheehan Fisher(01:35)
What could we do to truly have equity in our relationship and that's healthy for us as individuals? Then

Priya Bathija (01:42)
We'll take a journey through each trimester…

Dr. Mini Somasundaram (01:44)
The female body changes from the very moment that you conceive. And I think the trimester model is a way for us as physicians to divide a continuously changing event into controllable, treatable moments.

Priya Bathija (02:01)
The delivery and what to expect.

Miriam Bloom (02:03)
If it doesn't go the way it's planned, that's okay and that's not your fault. The baby is the boss in the labor room.

Priya Bathija (02:08)
And, what you need to be thinking about to protect your postpartum health.

Dr. Amanda Williams (02:12)
Make your plan for postpartum before you deliver. You wanna be sure that you have lined up the support that you need.

Priya Bathija (02:22)
And how childbirth will affect your health for the rest of your life. Sometimes

Dr. Elizabeth Rochin (02:27)
What we don't recognize is that your pregnancy history is now part of your lifelong health history.

Priya Bathija (02:32)
Experts will bring you the practical plays and tools you need to navigate your health and healthcare. Because conception, pregnancy, postpartum, and everything in between shouldn't feel like a guessing game. Tune in to season two of the Women's Health Playbook for the real, unfiltered truth and expert plays that you need to take on your pregnancy journey.