

What is Maternal Genomics



**Understanding the Foundations
of DNA-Informed Maternal Care**

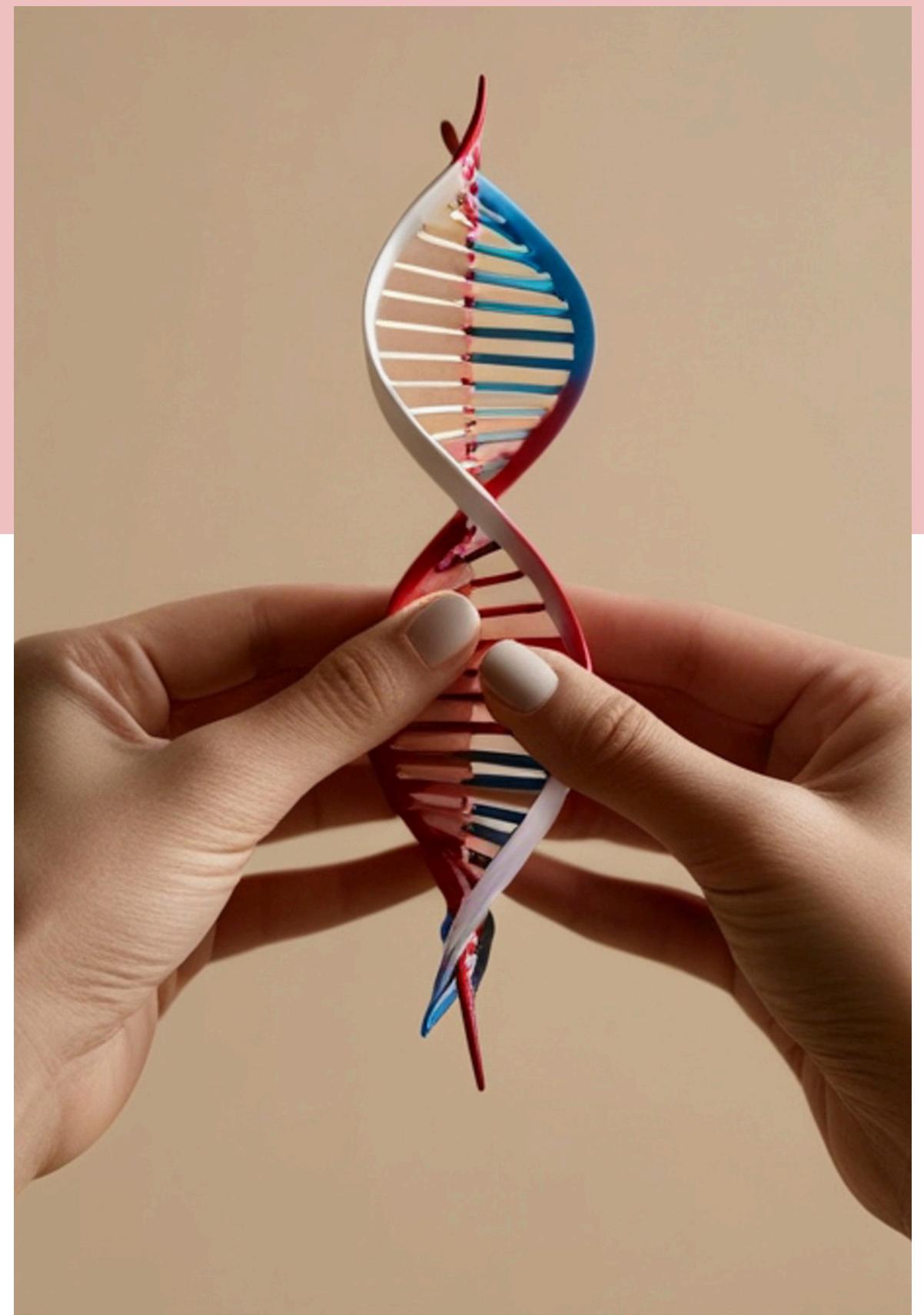


Genetic vs. Genomic

- Genetics → Single genes
- Genomics → How genes interact
- Genomics looks at systems, not isolated SNPs

Why Genomics Matters More Than Single SNPs

- SNPs alone don't predict outcomes
- Pathways show how biology behaves
- More meaningful for real-life maternal support



What is Maternal Genomics?

- Applies pathway insights to the entire maternal timeline
- Acknowledges dynamic changes from cycle → pregnancy → postpartum
- Supports personalized, trauma-informed, non-medical care

KEY MATERNAL PATHWAYS

Hormone pathways

Detoxification pathways

Inflammation pathways

Methylation pathways

Nutrient metabolism

Stress & mood pathways

Example Pathway:

HORMONE METABOLISM

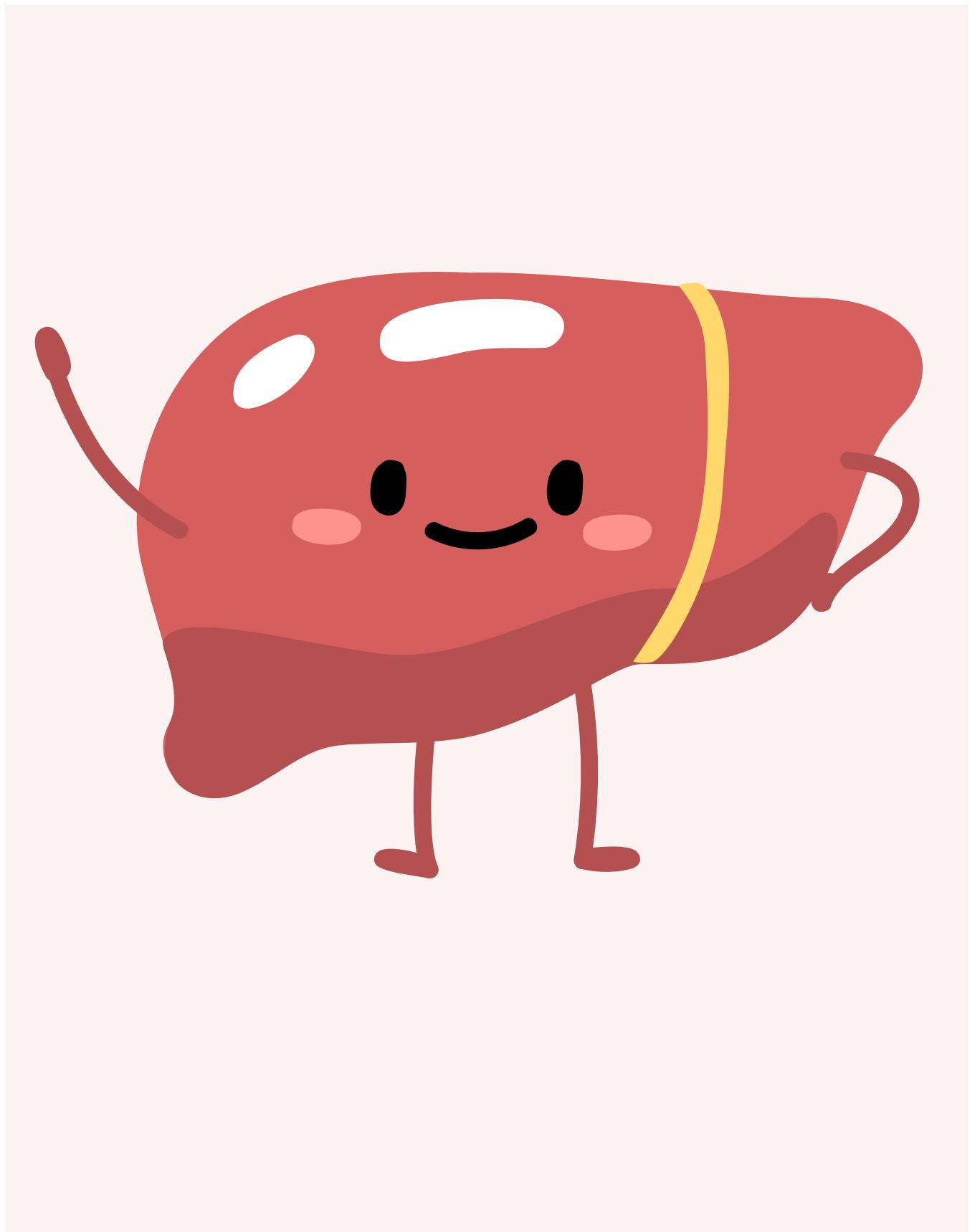
- Impacts PMS and cycle regulation
- Influences nausea & headaches in pregnancy
- Can shape postpartum mood shifts



Example Pathway:

DETOX PATHWAYS

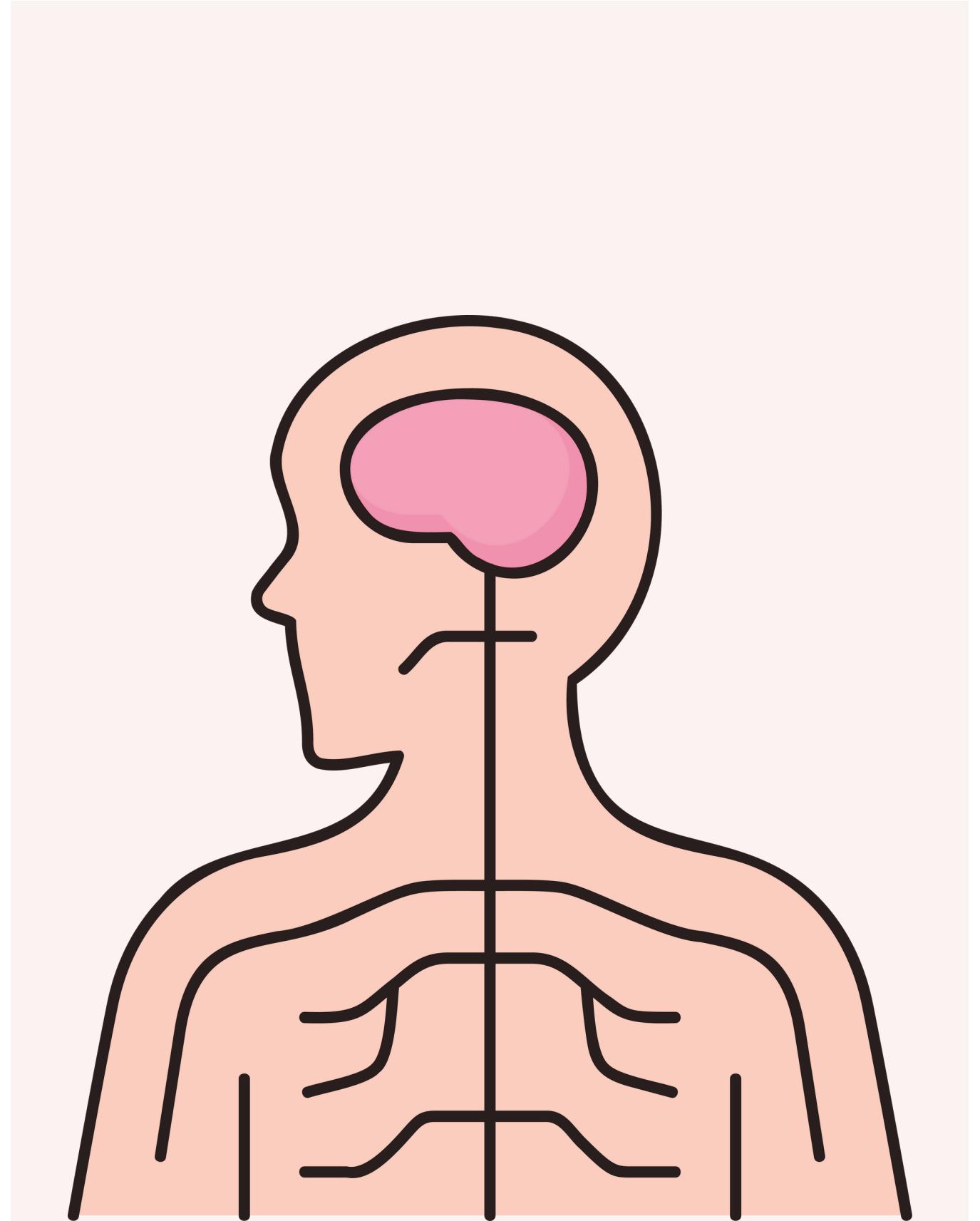
- Supports healthy estrogen metabolism
- Influences how pregnant bodies handle shifts
- May relate to postpartum depletion



Example Pathway:

STRESS & MOOD PATHWAYS

- Helpful for fertility resilience
- Important during pregnancy anxiety
- Crucial postpartum



What Maternal Genomics is NOT:



- Not predictive
- Not diagnostic
- Not medical advice
- Not fear-based



Genomics Is Empowering

Personalized Care

Presentations are communication tools that can be used as lectures.

Helps Clients Feel Understood

Presentations are communication tools that can be used as lectures.

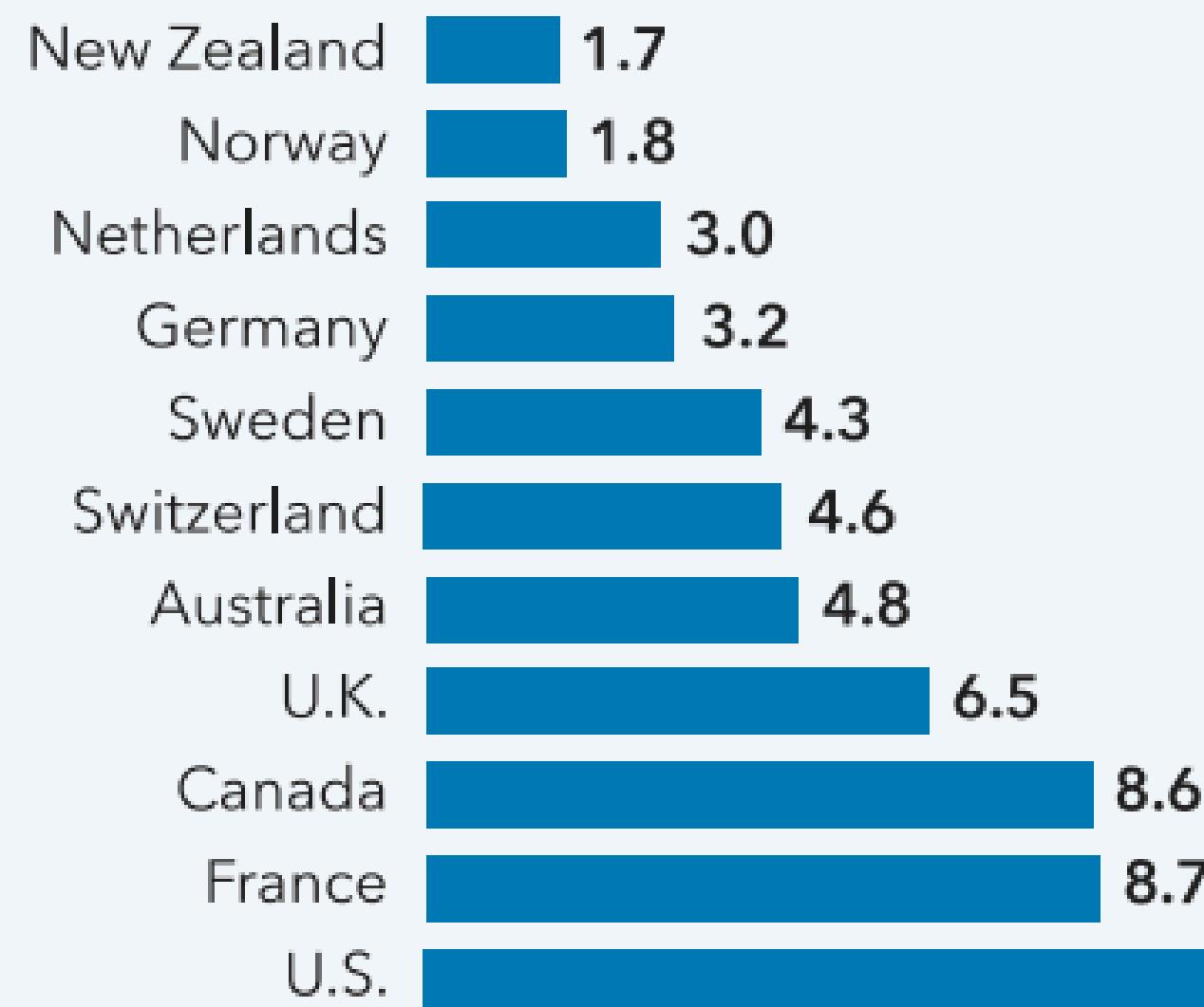
Provides Deep Insights

Presentations are communication tools that can be used as lectures.

Focused on Strengths

Presentations are communication tools that can be used as lectures.

U.S. Maternal Mortality Rate vs. Other High-Income Countries, Per 100,000*



*2020 Commonwealth analysis, 2018 or latest year

WHY MATERNAL GENOMICS MATTERS MORE THAN EVER

- Rising maternal complications
- Rising anxiety + overwhelm in pregnancy
- Fragmented care system
- Moms crave personalized support

Practitioner Takeaway



- **Genomics = whole-body blueprint**
- **Maternal genomics = blueprint mapped to the maternal journey**
- **You are becoming an interpreter of supportive pathways**
- **You stay within scope as an educator & guide**

Reflection: Your Role in Maternal Genomics

- How could genomics support the clients you already serve?
- Which maternal phase do you work with most?
- What excites you about integrating genomics?



Lesson 1:1 Summary

- Genomics = pathway-based understanding
- Maternal genomics = applying genomics across the maternal continuum
- Not diagnostic/predictive
- Supports individualized, trauma-informed care