Bear Hugs Conversations Season 2

Virginia Neonatal Perinatal Collaborative

File Name:
Welcome to Season 2 with Terrance Dixon and Arthur Ollendorff, MD
File Length: 00:03:11

FULL TRANSCRIPT (with timecode)

00:00:13:02 - 00:00:48:22
All right. Welcome back to Bear Hug Conversations by VNPC. For all of our new listeners, welcome to the family and welcome to the conversation. You're officially listening to season two of our podcast. But before we get started, let me introduce myself. I'm Terrance Dixon, the communications manager for VNPC. Our podcast focuses on maternal health and aims to create a space where people feel heard, supported and empowered. Each episode brings real stories with expert insight to inspire, educate and spark meaningful conversations about maternal and infant health across Virginia.

00:00:48:24 - 00:00:56:02
And today, to kick off season two, I'm joined with our VNPC co-chair, Arthur Ollendorff. Arthur, tell people a little bit about yourself.

00:00:56:04 - 00:01:16:04
Thanks, Terrance. Like you said, I'm the co-lead for the VNPC . I also chair the Perinatal Advisory Committee and co-chair of our EBDC Project. My regular day consists of being an OBGYN and an addiction medicine specialist in Roanoke, Virginia, and I also have been really involved in perinatal quality improvement for the last 15 years.

00:01:16:06 - 00:01:20:04
Okay, wow, 15 years is a pretty long time. It is every day you feel like a new day.

00:01:20:27 - 00:01:22:25
Every day brings new challenges and opportunities.

00:01:22:27 - 00:01:26:27
Oh that's awesome. So, Arthur, should we tell the people what they can expect this season?

00:01:27:07 - 00:01:27:22
Let's do.

00:01:27:28 - 00:01:39:25

All right, so this season, we're diving even deeper and peeling back more layers. We're bringing together statewide experts, community voices, and real life experiences to spark conversations that matter.

00:01:39:27 - 00:01:50:16
We're starting with a topic that touches thousands of families every year gestational diabetes. What causes it, how to manage it, and how providers across Virginia are stepping up to support healthier pregnancies.

00:01:50:18 - 00:02:03:25
Then we're tracking hypertension and preeclampsia, two conditions that demand awareness, early detection, and strong partnerships between patients and providers. You'll hear from clinicians who are leading the charge in prevention and care.

00:02:03:27 - 00:02:14:04
We're also opening space for something we all need mental health from perinatal mood disorders to stress and support systems. We're talking with specialists who know the landscape and understand the lived experience.

00:02:14:06 - 00:02:27:03
And for families managing pre-existing chronic diseases, we're breaking down the do's and don'ts, using recommendations from insights to help listeners understand what effective disease management really looks like during pregnancy and postpartum.

00:02:27:09 - 00:02:42:19
Plus, we're shining a light on the incredible work happening across the state through the Community Fund awardees, organizations reading recommendations and lessons learned into real impact their stories, their solutions, and their passion, and remind us what community care truly means.

00:02:42:21 - 00:03:03:09
So get ready for a full season of knowledge, connection, and compassion. We're available on all streaming platforms, and don't forget to follow us on social media @goVNPC To stay in the loop. So join us for the new season of Bear Hug Conversations by VNPC .

00:03:03:17 - 00:03:07:03
Episode two is on the way, and trust me, you don't want to miss it.