

MADRES Newsletter

MADRES study



Summer 2018 Issue: 2

Mission Statement

To learn about how the environment affects a woman's pregnancy and her child's health. To learn more about the effects of air pollutants, chemicals and stress on a mother's weight during and after pregnancy, on her baby's birth weight, growth and early life health.

MADRES Summer Appreciation Party

It was a bright and sunny day for the first MADRES appreciation party on June 9th. Thank you to the 156 people who attended and especially the 39 study participants. From expectant mothers to one-year old babies, the staff was excited to celebrate the MADRES study with all.

During the party, kids and adults enjoyed:

- Ring toss, corn hole, and face painting
- Tours of our new clinic space
- A green cleaning workshop on making a toxin-free multipurpose cleaner to use at home.

Five lucky prize winners went home with movie tickets, LA Zoo tickets, a tablet, a car seat, and a stroller!



MADRES Timeline

1st Trimester

Visit @ USC:
Questionnaires,
measurements,
samples



2nd Trimester

Questionnaire by
phone



3rd Trimester

Visit @ USC:
Questionnaires,
measurements,
samples



Birth

Birth Samples



7-14 days

Brief questionnaire
by phone

1 Month

Visit @ USC
Questionnaires,
measurements
(mom/baby),
samples (baby)



3 & 6 Months

Questionnaire by
phone



12 Months

Visit @ USC:
Questionnaires,
measurements
(mom/baby),
samples(mom/baby)



Q&A with: Ana Barbara Roman-Calixto

Ana has been working with MADRES for almost two years. She is currently the recruiter at Eisner Women's Health Clinic and working towards her master's degree in Public Health.

1. How do you manage work, school, and being a mom?

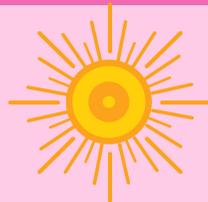
"I feel very blessed to have the full support of my husband and parents. I really do not think I would be able to do it all without their help and encouragement. My little girl, Sabine, is my number one motivation to continue taking advantage of every opportunity that comes my way."



2. What was your experience like migrating to the United States and how has that shaped your career path?

"I migrated from México to California at a young age, so I was able to adapt to this country fairly quickly, while still retaining some very beautiful memories of my hometown. Although there have been many obstacles along the way, my experience as an immigrant has truly solidified my career path, and I will continue to work in projects that aim to create safer, healthier, and welcoming communities for our families."

Summer Pregnancy Tip



Summer is here and with that comes the risk of dehydration.

- Dehydration happens when your body loses water too fast.
- Symptoms include dizziness, nausea, dark urine, dry lips and mouth.

Keep hydrated!

- Remember to keep a water bottle with you at all times.
- If you feel overheated try to cool off by taking a cold shower.

FAQ

1. What do you look for in samples collected?

Samples are collected to measure the amount of certain chemicals and very small living organisms that can only be seen under a microscope. This helps us determine exposures from your environment.

2. If I missed the Summer Appreciation Event, will there be additional events I can attend?

MADRES hopes to have two participant appreciation events a year. Keep an eye open for more information in our next newsletter!

3. How many participants are currently in the study?

MADRES recently enrolled its 500th participant in the study!

