

MADRES Newsletter

MADRES study



Fall 2018 Issue: 3

Mission Statement

To learn about how the environment affects a woman's pregnancy and her child's health. To understand 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 Pictures with Santa

Join us for a little holiday cheer and take home **FREE** santa pictures!
Hot chocolate and cookies will be provided.




December 15th: 10am-4pm
2001 N Soto St
Los Angeles, CA 90032

RSVP to the event by Dec. 1st!

Call : 1-888-664-3384

Text: 1-323-425-5114

Email: madres@usc.edu



By participating in our appreciation party, you acknowledge that your affiliation/ participation in the study may be known by other attendees. All personal information will remain confidential.

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)



How to: Prevent Lead Poisoning

Lead poisoning is caused by breathing or swallowing lead.

It can be found in:

- Paint and dust in older homes
- Candy, glazed pots, toys
- Home remedies from other countries
- Soil and tap water

Here is what you can do:

- Watch for peeling or chipping paint, especially around window sills. Dust with wet cloth or use tape to help prevent more peeling.
- Talk to your doctor. Ask about any medicines or vitamins you are taking from other countries. Ask for a blood lead test for your infant at 12 months.
- Eat foods with calcium, iron, and vitamin C. These foods may help protect you and your unborn baby.
- Use colorful glazed pots for decoration not eating.



For more information visit: www.cdc.gov/nceh/lead/tips.htm

Q&A with: Marisela Miranda

Mari has been working with MADRES for 2 years. She conducts the third trimester visits and is also one of our phlebotomists.

1. What is it like having twins?

"It's a lot of work from the moment they're born until now (in their late 20's). It's something unique and a true blessing to see your babies grow and develop very different personalities. It hurt when I couldn't dress them identical anymore."

2. What is one thing you would like to say to our Moms in the study?

"Thank you all for taking time out of your day to attend your visits and for answering our phone calls (questionnaires). It means a lot to the MADRES team."

