

MADRES Newsletter

MADRES study



Spring 2019 Issue: 4

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.

Pictures with Santa



Dec.
15th
2018

All photos featured have signed parental permission forms

MADRES Holiday Event

The MADRES Pictures with Santa event was held Saturday, December 15th, at USC. Santa Claus and Buddy the Elf welcomed participants and their families to Santa's Workshop for the day. Participants enjoyed:

- Hot chocolate & cookies
- Arts & crafts
- Photo session

The MADRES staff would like to thank everyone who came to the event.

Announcement

Resource Corner

The Resource Corner, located at the MADRES clinic, has a variety of items for participants to take home. Please ask about available items during your next visit.

- Clothes
- Toys
- Books:



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 Spreading Germs

Germs that cause infections are spread from person to person in droplets from the nose, throat and lungs of someone who is sick.

Try these everyday actions to stop the spread of germs.

- **Cover your mouth and nose with a tissue when you cough or sneeze.**
- **Wash your hands with soap and water for at least 20 seconds.**
- **Clean and disinfect surfaces and toys that may be contaminated with germs.**



For more information on good health habits visit:
<https://www.cdc.gov/flu/protect/habits/index.htm>

Q&A with: Carmen Chavez

Carmen has been part of the MADRES family for two years now. She currently conducts the third trimester visit and recruits for the study. She also is pursuing her master's degree in public health at USC.

1. What is the best advice your mom has given you?

"Do everything with love. Especially when interacting with people, she always showed me to treat everyone with love and respect."

2. What is your family's story?

"I am a proud daughter of immigrants from Tangancícuaro, Michoacán, Mexico. After they married, they immigrated to Los Angeles, CA and had four daughters."

