

MADRES Newsletter

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, and on her baby's birth weight, growth and early life health.

Study Update:

Our thoughts are with our community during these difficult times, and we are deeply appreciative of your continued participation in the study. For the safety and health of participants and their families, we continue to move all in-person visits to over-the-phone interviews for the time being. We will resume in-person visits when it is deemed safe by public health officials.



Steps for keeping your home and family safe during the COVID-19 crisis



Clean and disinfect high touch surfaces in your home 1-3 times per day:



Keep Hands Germ free

Wash Hands

Wash hands with soap and water for at least 20 seconds.

Wash your hands often.



Use hand sanitizer

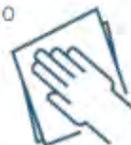
If soap and water are not readily available use hand sanitizer.

Use a hand sanitizer that contains at least 60% ethanol alcohol (not methanol). Try to avoid fragrances or colors.

How to clean & disinfect your home when a family member has asthma



- Clean with a green cleaning product (such as vinegar and water) before disinfecting your home.
- Keep the asthmatic outside of the room when cleaning and disinfecting.
- Open doors and windows while you clean and for at least 10 minutes afterwards.
- Apply products to a cloth, instead of spraying directly on surfaces, to reduce inhalation exposure.
- Wash hands afterwards.



Health conditions that put people at higher risk for more severe COVID19 illness include:

- Chronic lung disease
- Chronic kidney disease
- Moderate to severe asthma
- Liver disease
- Serious heart problems
- People with weakened immune systems (immunocompromised)
- Severe obesity
- Diabetes



COVID-19 Resource list

Weingart East LA YMCA

Weekly food distributions, Free Diapers Monday, GrabnGo Meals, Free Pet Food Wednesday. 323-754-3191

<https://www.ymcala.org/keeping-our-community-together>

Free COVID-19 Testing

LA County is providing free testing to ALL LA county residents whether you are experiencing symptoms or not. <https://corona-virus.la/covid-19-testing>

LA County Vaccine Information

General information about vaccine safety. Visit the Los Angeles County Department of Public Health website for more information.

<http://publichealth.lacounty.gov/media/coronavirus/vaccine/index.htm>

LA County Department of Mental Health

LACDMH supports the wellbeing of our County residents and communities. LACDMH's 24/7 Help Line at (800) 854-7771 is available to provide mental health support, resources and referrals.



USC Environmental Health Centers

ehc.usc.edu



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Infographic: Wendy Gutschow/USC

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All time points have transitioned temporarily to phone interviews for the time being.

- 1st Trimester
- 2nd Trimester
- 3rd Trimester
- 7-14 days
- 1 Month
- 3, 6, & 9 Months
- 12 Months



In its sixth year, the MADRES study has grown immensely! The study is grateful for the dedicated families that have made this possible. Here are some of our milestones since 2015:

- 904 participants have joined the study!
- 714 babies have been born!
- 219 participants have continued their participation past their child's first year with ECHO!



Q&A: Andrea Calderon

Andrea organizes the summer and winter events and conducts the 1-month visits.

MADRES follow up

MADRES has launched a follow up study for families who previously participated. We will be contacting you this year to ask you to participate.

Participation involves completing phone questionnaires...

- Around your child's birthday from ages 1-5
- Six months in between your child's birthday from ages 1.5-4.5



MADRES baby due in July!

1. What do you admire most about your mom?

"My mom is the hardest working person I know. She has been the best role model of a strong and independent woman and I admire her for that. We didn't always get along when I was younger, but now that I'm older I understand and appreciate her more than ever."

2. What have you learned from the study?

"The study has taught me many things. I learned how to hold a 1-month baby, how to swaddle a baby, and how strong 12-month babies kick. Most importantly, I've learned that pregnancy is both such a beautiful and hard journey women go through."

