

**SUMMER
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The APrON Leaflet

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Editor's note:

Welcome to the first edition of the APrON Leaflet! This newsletter was created to keep APrON participants connected to what is happening with the study. Enjoy!

See how we've grown!



Since May 2009, APrON team members from both Calgary and Edmonton have been working hard to increase awareness about the study. As a result, many new pregnant women and their families have joined the APrON team. **APrON has reached an exciting milestone: over 800 participants! THANK YOU!** We really appreciate the time, work and commitment you have given to this important research.

Fun facts about APrON babies!

- The first APrON baby was born in September, 2009
- Six APrON babies were born on March 7th, 2010 making this day the most popular birth date so far
- APrON mothers have had more boys than girls (163 boys vs. 126 girls)





Why do we take your blood sample?

Answer: Blood samples are analyzed for various key nutrient measures including B vitamins, omega 3's, and iron. We want to know these measures so we can find out if there is a relationship between nutrient status (what a woman eats) during pregnancy and mental health.

Why one woman said “YES” to APrON

Laura, from Calgary became an APrON participant in October 2009. She sat down with an APrON researcher to talk about why she said “YES” to APrON.

1. Why did you choose to be a part of the APrON study?

There are very few studies on pregnancy. I have a passion for pregnancy and felt that any information gathered from a well-rounded study would benefit many mothers.

2. What do you hope are the outcomes of the study?

I feel that nutrition is under-rated for healthy babies and

moms. I hope the study will influence media coverage on pregnancy and nutrition. I think this study will affect future generation of mothers.

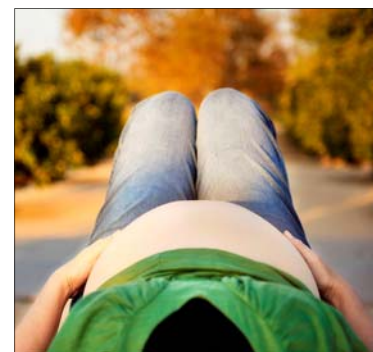
3. What would you say to women who are thinking of joining APrON?

I would tell them that taking part is straightforward and fairly easy. I would often hear about research studies that were not local and I couldn't be a part of them. I really feel women should take advantage of the opportunity to participate in this study. It only takes an hour and a half of your time

every three months.

4. Could you comment on your general experience with APrON?

So far it has been very positive. The research staff are friendly and passionate about what they are doing. I have told other friends about this study because I find it to be very enjoyable.



THANK YOU to our first 800 participants! We really appreciate the time and work you have committed to our study.

Tips to control nausea and vomiting during pregnancy

- Avoid having an empty stomach
- Eat small, more frequent meals and snacks
- Get up slowly and do not lie down right after eating
- Drink fluids between meals, not with meals
- Choose cold foods (with less smells) or get someone else to do the cooking for you
- Smelling fresh cut lemons or ginger may help relieve an upset stomach
- Get plenty of fresh air
- Avoid smoke, strong odours, caffeine, and alcohol

Source: Health Canada website (www.phac-aspc.gc.ca/hp-gs/know-savoir/sick-eng.php)

Team member profiles:

Bonnie Kaplan, PhD - Team Leader



“Nutrition is fundamental to the health of moms and their babies...”

Bonnie Kaplan is leading our little research into nutrition, Alberta wide team. As a brain development and mental professor of paediatrics and health.” Bonnie hopes that the community health sciences, she research APrON does will lead strongly believes in the to better understanding of importance of this research. post-partum depression as well “Nutrition is fundamental to as developmental disorders the health of moms and their such as autism and attention- deficit hyperactivity disorder. babies– but there is surprisingly

Sarah Loehr, Edmonton Project Coordinator

Sarah has been a member of the APrON team since May 2009.

As the Edmonton Project Coordinator, she oversees the day to day operations, supervises Edmonton staff and volunteers, and helps coordinate data collection and entry from both the Edmonton and Calgary sites.

Sarah says her favorite part of her job is the people she gets to work with.

“The participants are wonderful and it’s always exciting to see the new babies. I am very lucky to work with such a great group of researchers, students, staff, and volunteers.”

Sarah says she is excited to see what the outcomes of the study will be. “We are getting a lot of useful information from our participants. This information will help us answer many important research questions.”

Study looks at pregnancy and stress

The Pregnancy Mood and Cortisol Study aims to improve maternal and infant health by understanding how mood and stress affect women’s biological stress response when pregnant. Thanks to 82 great participants, we have now finished data collection and are looking at the results. Participants were given a Personal Digital Assistant (PDA) for administering mood and stress questionnaires four times per day over three days.

Each time the PDA launched a questionnaire, participants were asked to collect a sample of their saliva. Saliva provides an excellent source of “stress hormones”, like cortisol. The results of this study will help us understand how stress during pregnancy might affect a baby’s development.

We are in the process of launching the Pregnancy Mood and Cortisol Study II, which is similar to the first study but this time, we will be asking women to provide an assessment of their mood and



stress early and later on in pregnancy.

To learn more about this study, please contact Amy Hampson at amy.hampson@albertahealthservices.ca or 403-955-2790.



Summer Salad Recipe

Couscous Salad

- 1 cup uncooked couscous
- 1 cup water
- 2 tomatoes, diced
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 1/4 cup chopped green onion
- 1 cup kidney beans
- 2 tbsp mint
- 2 tbsp oregano
- 1/4 pound (125g) low-fat feta cheese

Instructions: Cook couscous in water according to package instructions and let cool. Combine cooled couscous with vegetables, beans, and cheese. Whisk together lemon juice, oil and herbs and pour over couscous mixture.

Source: Dietitians of Canada

Next Issue

- **Your questions answered:** Why do we do body measurements?
- **Recruitment update**
- **Team member profiles:** Meet two more members of the APrON team
- **Current events:** Behind the scenes



We want to hear from you!

We welcome your feedback! If you have any **comments, questions** about the newsletter or would like to **refer a friend** to participate in our study, please contact us at one of the following addresses.

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