

# APrON Update

February 2012

## We hope you had a great Family Day!

### Did you and your family do something fun on Family Day?

If so, we'd love to hear about it! Share your plans and fun stories with us and other study participants on our Facebook page. To post your story on Facebook, search for "Alberta Pregnancy Outcomes and Nutrition", select "like us", and post your comments on our wall.



### Did you know...

*It takes one hour to process one set of biological samples from each visit?* After we have taken your blood we spin the samples, separate them into smaller tubes, and freeze the tubes for future processing and analysis. Samples taken in Calgary are sent to Edmonton, where all of the analysis takes place. Some of the key nutrients we are looking at include: vitamin B6, B12, folate, vitamin D, essential fatty acids (omega 3-6-9), and iron.

*What happens to the urine samples?* We hope to look at the iodine content in your urine samples.

### Do you have any feedback?

Is there something you would like to see in future newsletters, on our website, or on Facebook? Get in touch with the APrON team either by phone, email, or by posting a comment on our Facebook page. We welcome all requests and comments!

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