

SUMMER 2022

NOURISH NEWS



Updates for the parents of babies in the Nourish Study, a research study at BWH

Nourishing and Flourishing

Greetings from the Nourish Study Team!

Happy Summer! We hope that your families are staying cool in the summer heat. We are continuing to enroll families as new babies are born. We are also planning for our two-year old follow up visits to begin this fall and winter in the BWH follow-up clinic! Once your baby turns two years, we will invite you to meet with our team for a study visit, during which we will do some fun neurodevelopmental and other assessments.



OVERVIEW:

- Summer Updates
- Study Progress
- Published Data
- Staff Spotlight

Contact us with any questions or updates!

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Nourish Babies

Our research team is so grateful for your participation! We hope that you enjoy seeing some of the babies in our study who were recently discharged from BWH NICU.



Study Data Updates

This year at the Pediatric Academic Society Conference, Dr. Katherine Bell, one of our study's Co-Investigators, presented information on our Bioimpedance and Peapod data to date. She discussed the agreement between both body fat measures and the continued importance both serve within the infant-research setting.

Continue to check our website for recent article and study updates!

Staff Spotlight: Meghana Iragavarapu & Silvi Minga *Nourish Research Assistants*



Meghana Sai Iragavarapu graduated from Duke University with a Bachelor of Arts in the "Intersection of Food Availability, Nutrition, and Health Outcomes," a major she designed to study how people's geographic, socioeconomic, and demographic factors influence their relationship with food as a form of preventative, first-line defense against non-communicable diseases. As an RA on the Nourish Study, Meghana is excited to take her commitment toward research-based medicine to graduate school in the coming years.



Originally from Philadelphia, Silvi Minga graduated from the University of Pennsylvania this spring with a Bachelor of Arts in Biology and minors in Chemistry, Environmental Science, and Hispanic Studies. As an aspiring pediatrician, she is very excited to join the Nourish team and learn more about improving long-term outcomes for premature neonates! Her hobbies include reading fiction, playing the acoustic guitar, and practicing Spanish.