

SUMMER 2024

NOURISH NEWS



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

Greetings from the Nourish Study Team!

Happy Summer! We hope you and your families have been able to have lots of fun in the sun!

We are in all phases of the study! We are close to finishing recruiting in the NICU and our follow-up visits are well underway. We have had the pleasure of seeing 40 families come in for their 2-year visits and look forward to seeing your 2-year-old when the time comes!

Time is just flying by as our first Nourish participants are turning 4 at the end of the summer! Keep an eye out for some forms to complete to let us know about everything they are doing!



OVERVIEW:

- Study Progress
- Then and Now
- Where are they now?
- Staff Spotlight

Contact us with any questions or updates!

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We love seeing you grow!



As you all know, we have a few ways of measuring how big the kiddos are getting! In the NICU we are measuring length and head circumference at the beginning and end of the study diet



We continue these measures throughout your follow-up visits at the clinic and now are watching them stand tall!

Where are they now?

After spending two years with the Nourish study, former Research Assistant Silvi is headed to Medical School in DC! Silvi has contributed so much to the study and will be greatly missed!

Another former Research Assistant, Jordan, finished Nursing school and started working as a NICU nurse in Boston!



Avery Dougald

Avery graduated from the University of Virginia with High Distinction in Neuroscience. Prior to joining the Nourish Lab, Avery worked in the UVA NICU using EEG to track long-term development in premature babies. She hopes to one day become a neonatologist and is excited to see how the field advances thanks to research done in the NICU. In her free time Avery enjoys running/various workout classes, reading, and exploring Boston!