

SUMMER 2025

NOURISH NEWS



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

Happy Summer from the Nourish Team!

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

5 years later the Nourish Study NICU recruitment is complete! Thank you to all of our wonderful families for supporting this research, and continuing participation in this study. We could not have done it without you!

Our first Nourish participants are turning 5 at the end of the summer. We cannot wait to see them return to follow up clinic for the 5 year Nourish visit. Stay tuned for more information on these visits!



A photo from our end of NICU enrollment to thank the nurses, dieticians and other study staff for their help with our study!

OVERVIEW:

- Study Progress
- Follow-up Clinic
- Where are they now?
- Staff Spotlight

Contact us with any questions or updates!

Phone: 617-652-0020

Email:
nourish@bwh.harvard.edu

Website:
nourish.brighamandwomens.org



Measures in Follow-Up Clinic!



At your 2 year and 5 year visit you can expect to see blood pressure measurements and bioimpedance measurements among other developmental tasks!



BIA might look familiar from your time in the NICU, but this time with extra fun stickers and distractions!

Where are they now?

After spending two years with the Nourish study, former Research Assistant Emmy is heading to UCLA medical school. We are so proud of her and cannot wait to see everything she does in the future. Thanks Emmy for all of your hard work on Nourish!

Staff Spotlight



Natalie Finton

Natalie recently joined the Belfort Lab research team. She graduated from Tufts University with a Bachelor of Science in Biology and a minor in Studio Art. She previously was part of a research team at Tufts Medical Center where she studied neonatal opioid withdrawal syndrome, and conducted a project on the molecular effects of maternal cannabis use on infant feeding regulation. She is thrilled to join the Nourish and Baby BEAN studies and to help advance the practice of neonatal care. Natalie is planning on attending medical school to become a neonatologist or an obstetrician. In her free time, she loves to cook, paint, and to explore new cities.