



First 1000 Days of Life Study

Inova Translational Medicine Institute

Inova Translational Medicine Institute, along with the Department of Obstetrics and the Department of Pediatrics at Inova Fairfax Medical Campus, is bringing the best of science to the best of bedside care for pregnant women and their babies. There are many preterm births, and these babies often struggle to survive and develop into healthy children. We are trying to find ways to help all babies grow and develop fully in the safety of the mother's womb when possible, and to optimize the baby's safety always. We are working to identify the causes of prematurity, developmental delay, and childhood chronic diseases.

Inova Fairfax Medical Campus

Kathi Huddleston, PhD
Director, Clinical Research
Study Coordinator



Genomic Correlations to Childhood Health Outcomes: Longitudinal Childhood Cohort Study -First 1,000 Days of Life

We invite you to join our research study of your child's First 1,000 Days of Life. We believe that much of our health is "decided" during this critical time in a baby's development. We are trying to find better ways to help our children grow and develop during their first couple years.

Help us learn how genes predict the growth and health of children during the First 1,000 Days of Life.

Who Can Participate?

Any mother-to-be who is planning to deliver at Inova Women's Hospital can enroll in our study. Your family will become an important member of our 2,500 "study families" as we look for ways to better provide health care for our children. If you are interested, a member of our Inova research team will discuss the study in detail and answer all of your questions and concerns.

What Will Happen If I Participate?

The research team will coordinate with your doctors to gather small samples of blood, saliva and urine when you have your prenatal routine lab work done. We will take one or two samples from the mother during the pregnancy and one sample after delivery.

The father of the baby will also be asked to provide saliva and blood samples. His sample can be drawn at any time.

When the baby has his/her blood test (such as the routine metabolic screening) an additional sample (equivalent to 10 drops) will be collected.

Why Would I Want To Participate?

This research may not directly help you or your baby, but your data may help to develop new ways to predict childhood diseases and health outcomes. In future years, these new discoveries may help create new therapies to keep all of our children healthy by learning better ways to prevent or treat asthma, diabetes, and childhood developmental disorders.

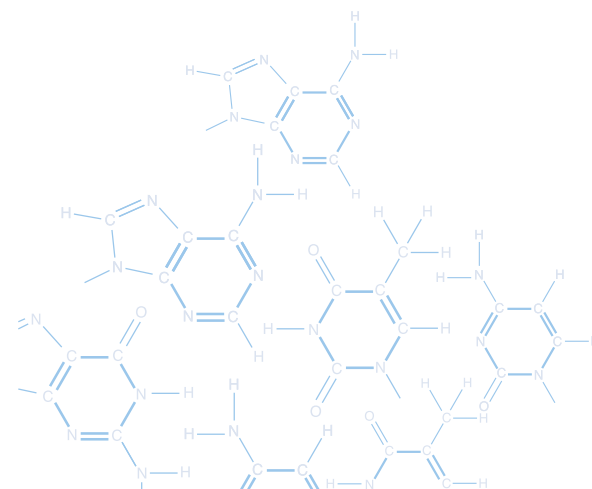
How Long Is This Study?

The study is designed to examine the first 1,000 days of life which will extend to your child's second birthday. We will ask you to complete brief surveys (less than 20 minutes) that will be sent to you every six months to gather information regarding your child's health, growth, and development.

Cost To Participate

There is no cost to participate in this study. The study is paid for by Inova. Each parent will be compensated for time with a \$25.00 gift card. You will then receive up to \$75.00 per year for completing our brief (20 minutes) follow-up surveys.

For more information or to sign up for this study, please contact us at 703.776.2450 or email itmigenomics@inova.org



Please join us in this study to learn how genes predict the growth and health of children during the First 1,000 Days of Life.