

EAGeRly Awaiting

Welcome Our Newest 2010 EAGeR Babies!

In this Issue!



Welcome Lily Anna Fox!

Born January 5, 2010, 5lbs-3oz, and 17½" long.

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Welcome Benjamin Robert Gross!

Born January 11, 2010, 7lbs-13oz, and 20" long.

Message from Dr. Janet Townsend

Dear Friends-

February finds us very busy with EAGeR activities and grateful for the support we receive from so many of you.

The women who participate in EAGeR are very generous with their time and efforts in following all the study instructions carefully. The commitment to participate in this clinical trial requires something beyond just the personal and family desire to have a healthy baby. It requires an understanding that clinical trials of medications and treatments are the way that doctors and scientists improve care for patients worldwide and a willingness to live with some uncertainty about whether one is taking the study drug or placebo, about whether the study drug will help, about whether it is safe. This commitment is a great gift to women and their families in this region and throughout the world.

The physicians and their staff, who support this study through making women aware of it, referring patients, consulting with us when we have clinical questions, make invaluable contributions to carrying out the study and to helping us to reach our goals. We know that these activities are added on to already busy schedules and thank you for your commitment to EAGeR.

And thank you also to our community partners who have assisted us in getting out the word about EAGeR and its importance. There is little experience in clinical trials, outside of oncology, in Northeast Pennsylvania. We are truly pioneering an important activity through TCMC's first clinical trial. We hope that a positive experience with EAGeR will lead to more opportunities in this region for clinical trials about important medical problems. We have had great help from the local media, which has helped us to tell the EAGeR story, from mothers' groups and from community organizations. Thank you so very much.

Betsy Mead and I attended a very exciting meeting at NIH (the National Institutes of Health) in December. The principal investigators, other staff, the data analysts and the NIH staff met together to discuss all the different aspects of the study and to share our experiences in carrying out this work. In addition, we discussed other studies that can be conducted by analyzing the data collected in this study. The seriousness with which our national and international colleagues approach this work and the quality of expertise and experience was very impressive to us and made us proud that TCMC and Northeast Pennsylvania is part of this great effort to work toward healthy pregnancies and healthy babies.

We have a long road before we reach our goal of more than 200 women participants in the study. Keep us in mind and continue to refer women to us to learn about the study. We appreciate your contributions very much.

Sincerely,

Dr. Janet M. Townsend, EAGeR Study Principal Investigator

Message from Cathie

HAPPY NEW YEAR!

I am very happy to report that we are busy at the EAGeR Study site in Scranton. Our recruitment is up. We are hoping for a good year.

We had a lot more exposure for the EAGeR Study in November and December with a radio ad campaign and various articles in local newspapers. We are grateful to the Marketing staff at TCMC for their assistance with this and to the women in our study who agreed to participate in interviews. We were thrilled with the articles and wonderful photographs. You are our best and most effective recruiters! THANKS!

We now have 9 EAGeR babies born at the Scranton site. All moms and babies are doing well. Of course, we still do not know what study medication they were taking. We are featuring our first EAGeR babies of 2010 in this issue of EAGeRly Awaiting. Don't miss the photos of *all* of our 2009 babies too!

In this issue, we are also featuring some of our staff on the EAGeR Study. You may not see them when you come into the field office for your visits, but what they do is very important to the success of our study.

We continue to do outreach to our surrounding communities. We spent a delightful day at Wayne Memorial Hospital meeting with administrators and touring their facilities. We have plans for further outreach in the Wilkes Barre area this spring as well.

Look for us at the Kidilly 2nd Annual NEPA Kids' Birthday Party Expo on Saturday, March 6, 2010. KidDilly of Northeastern Pennsylvania will host the NEPA Kid's Birthday Party Expo at the Riverfront Sports Complex in Scranton. This free event will take place from 1:30 PM to 4:30 PM and is open to the public.

The third in the series of Wellness Programs for women who have experienced pregnancy loss who are either planning a pregnancy or are newly pregnant will be held on February 25th at 6 PM at Tobin Hall. This program is sponsored by a collaborative grant by the University of Scranton and Marywood University. Women in the EAGeR Study and those who inquire about the study receive a direct invitation by mail or email. Remember it is FREE!

At this time of year, it is typical to spend some time reflecting on the year that has gone, and looking forward to the new one. We have had a challenging year. EAGeR experienced many changes, many blessings, some losses, and *best* of all many new friends. We look forward to a happy, productive 2010!

The staff at the EAGeR Study wishes each and every one of you a happy, healthy and peaceful New Year!

Fondly,

Cathie

The 2009 EAGeR Babies!

Welcome to the World



September 16, 2009



September 23, 2009



September 26, 2009



September 28, 2009



October 5, 2009



November 17, 2009



December 17, 2009

Sweetie Pie



Precious



EAGeR Spotlight

Meet Three Members of the EAGeR Team



Dr. Frank Kolucki, MD

In addition to being a co-investigator to the EAGeR Study, Dr. Frank Kolucki, is the chairman of Gynecology/Gynecologic Surgery at Moses Taylor Hospital. He graduated with honors from Boston College and later graduated from Georgetown University School of Medicine. We are grateful for Dr. Kolucki's support throughout the study.



Dr. Brian Wilcox, MD,D

One of the EAGeR Study's co-investigators, Dr. Brian Wilcox, practices as an Obstetrician/Gynecologist at Moses Taylor Hospital. He graduated from Cornell University and received his PhD from Cornell in Physiology and Cell Biology, and graduated from Albany Medical College. Dr. Wilcox practices in the group Physician Health Alliance located at Moses Taylor Hospital. His resident research project focused on the analysis and patterns of non-random X-chromosome inactivation in families with recurrent pregnancy losses. Dr. Wilcox's expertise, support, and guidance is exceptionally beneficial to the EAGeR study.



Dr. Mark White, MD, MPH

Dr. White, Assistant Professor of Epidemiology/Family Medicine and Community Health, serves as course director for the Physician and Society Course and as Faculty Leader for the Community Health Research Projects. Furthermore, Dr. White is a co-investigator to the EAGeR Study. Dr. White is a Georgetown University School of Medicine graduate, and the University of Pittsburgh Graduate School of Public Health. His knowledge of medicine and public health is a sure asset to the EAGeR team.

A Blessing to Maternity Clothing: BELLY BANDS



Purchasing a whole new maternity wardrobe may not be in the budget for most women. Belly Bands are a fantastic product that extends the life of your pre-pregnancy clothes, allowing women to wear clothes comfortably during multiple stages of pregnancy. A belly band discretely hides pants, jeans, and skirts that no longer button, snap or zip. Due to its stretchy material, it is not only comfortable but also versatile. In fact, it not only allows pregnant women to extend the usage of their pre-pregnancy clothes, but can be used to reinforce maternity pants, keep pants exactly where you want to wear them during the last trimester, and allow your body to transition during postpartum. Belly bands can be purchased at most stores that carry maternity clothing.

Some of the following internet sites have a great selection of colors and prints that run at reasonable prices, between \$15 and \$30.

- Amazon's Baby Be Mine Maternity Belly
- Expecting Comfort
- Ingrid and Isabel
- Figure 8 Maternity and Nursing

Belly bands are a great money-saver, allowing a woman to keep out of maternity clothing for longer as well as help her wear the same size for most of her pregnancy.



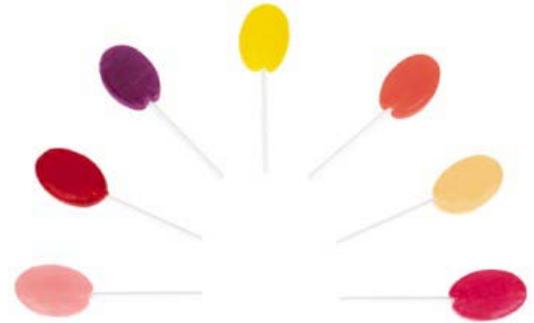
Information pertaining to belly bands was taken from
<http://pregnancy.about.com/od/maternityclothes/gr/babybemineband.htm> and
http://pregnancy.lovetoknow.com/wiki/Belly_Bands

Find these pops
at Walgreens,
Babies R Us, and
Target

Preggie Pops for Morning Sickness

Vitamin B6 is an important addition to a pregnant woman's diet. About 1.9 mg of B6 a day helps your body's metabolism of proteins, fats, and carbohydrates. It also converts amino acids which aids in forming new red blood cells, antibodies and neurotransmitters. Most important it is essential to your fetus's developing nervous system and brain. Simply those benefits alone are worth taking the small dosage, but in addition research now indicates that vitamin B6 may relieve nausea or vomiting for some women during pregnancy. **Ask your doctor** for advice to add this vitamin to your diet, the exact dosage required for your body frame, as well as the severity of your morning sickness. Common foods that contain B6 such as bananas and chickpeas are included in a table below.

Foods	Milligrams of B6
1 medium banana	0.7 mg
1 medium baked potato	0.7 mg
1 slice of watermelon	0.7 mg
1 cup of canned chickpeas	0.6 mg
8 oz. prune juice	0.6 mg
3 oz chicken breast	0.5 mg



About 50 to 90 percent of pregnant women experience morning sickness, nausea or vomiting, at any time of the day. A natural way to ease morning sickness is to buy **Preggie Pops**, the morning sickness lollipop. Preggie Pops offer relief via a combination of vitamin B6, essential oils, aromatherapy and the unique delivery system. In addition, the Preggie Pops alleviate dry mouth, provide quick calories and energy during labor. **See if your doctor recommends them.**



Information pertaining to vitamin B6 and Preggie Pops was taken from <http://www.kellymom.com/nutrition/vitamins/vitamins.html#VitaminB-6> and http://www.babycenter.com/0_vitamin-b6-in-your-pregnancy-diet_666.bc

EAGeR's Social Networking

Networks great for Moms and Moms to be



What's a KidDilly, you ask? KidDilly is a **blog for moms by moms**. "Dilly" is defined by Merriam-Webster as "delightful, outstanding or remarkable." The KidDilly NEPA team is actively on the hunt for delightful, outstanding and remarkable products, events and services for the regions' delightful, outstanding and remarkable kids! The KidDilly Team invites you to log on often, subscribe to the news feed, and most importantly, to get in on the conversation. If you are in the Northeastern Pennsylvania area and are interested in joining the KidDilly network check out <http://www.kiddilly.com>.



Join millions of mothers who have already discovered Mamasource! Find the advice, local resources, and reviews you need in a supportive community of moms helping moms.

Why You Will Love Mamasource:

- Read advice and recommendations on virtually any topic of interest - all written by other Moms!
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- Browse thousands of local business reviews from fellow Moms on childcare, pediatricians, plumbers, and much more.
- Discover special discounts and coupons from interesting Mom-owned businesses in your area.
- Meet smart, friendly Moms like you in your area, online or in-person.
- Mamasource works for mothers with kids of all ages — find everything from pregnancy tips to advice on teens heading to college.
- Using Mamasource is safe, and your privacy will always be protected.
- Best of all, Mamasource is 100% Free!

Visit Mamasource at <http://www.mamasource.com>



This website was developed to provide **evidence-based information** on breastfeeding, sleep and parenting. This community supports breastfeeding and gentle, empathic parenting practices. They aim to provide a safe, respectful, and caring place for parents to come and connect. Check out the informational website at <http://www.kellymom.com>.



Question Corner



Is there a connection between my diet, pregnancy, and my oral health?

Eating a balanced diet is necessary to provide the correct amounts of nutrients to nourish both you and your child. What you eat during the nine months of pregnancy affects the development of your unborn child -- including teeth. Your baby's teeth begin to develop between the third and sixth month of pregnancy, so it is important that you receive sufficient amounts of nutrients -- especially calcium, protein, phosphorous, and vitamins A, C, and D.

Information taken from the American Dental Association:
http://www.ada.org/public/topics/pregnancy_faq.asp



Is it a good idea to get a medical checkup before getting pregnant?

Absolutely it is! It is a great idea to make sure your body is ready to have a baby. At your checkup, talk to your health care provider about:

- Your family history
- Any medicine you take, including herbs and over-the-counter or prescription drugs
- Ask about taking folic acid supplement
- Making sure that your vaccinations are up-to-date
- Any medical conditions you have, like diabetes or high blood pressure
- How long you should wait between pregnancies

Information provided by marchofdimess.com

Should Those Trying to Get Pregnant Receive the H1N1 Flu Shot?

According to a joint statement put out by the Center for Disease Control (CDC) and the American Society of Reproductive Medicine (ASRM), women who are planning on getting pregnant should receive a flu vaccine. It is highly recommended that they get both the regular seasonal flu shot and the H1N1 shot before they become pregnant. The seasonal flu and H1N1 flu can cause serious illness and possible complications for pregnant women. It has been determined from the data collected on the 2009 H1N1 flu thus far that pregnant women are more likely to pass away from complications of the H1N1 flu than women who are not pregnant. Please note that the H1N1 flu nasal spray is not approved for pregnant women because this vaccine is made with live, weakened flu virus. If you are allergic to any of the ingredients used in the vaccines or have a severe allergy to eggs, you should not get the vaccine. Contact your physician for more information regarding the seasonal flu and H1N1 vaccine and where you can get vaccinated in your local area.

http://infertility.about.com/od/tryingtoconceive101/f/getting_pregnant_h1n1_flu_shot.htm

Helpful Tips before Pregnancy

9 Things to Do Before Getting Pregnant

1. Plan when you want to have a baby.
2. Use a reliable form of birth control until you're ready to get pregnant.
3. Take a multivitamin pill that contains 400 micrograms of folic acid every day to help reduce the risk of neural tube birth defects.
4. Stop smoking, drinking alcohol and taking illegal drugs.
5. Get a medical checkup.
6. Eat healthy and get to your optimal weight
7. Do something active every day.
8. Avoid exposure to chemicals and other harmful substances at work and at home.
9. Learn to lower your stress.

Information taken from the March of Dimes



The mission of the March of Dimes is to improve the health of babies by preventing birth defects, premature birth, and infant mortality. This mission is carried out through research, community services, education and advocacy to save babies' lives. March of Dimes researchers, volunteers, educators, outreach workers and advocates work together to give all babies a fighting chance against the threats to their health: prematurity, birth defects, low birthweight.

<http://www.marchofdimes.com>

TCMC

THE COMMONWEALTH
MEDICAL COLLEGE

If you know someone who has also had a miscarriage and would like to be a part of the study...

Phone: 570-207-1058

EAGeR@TCMEDC.org

Additional information can be found on the study website:

www.eagertrial.org



EAGeR
The Effects of Aspirin in Gestation & Reproduction

The logo for the EAGeR study. It features the word "EAGeR" in a large, bold, teal-colored font. Above the letter "A" is a stylized orange and red graphic resembling a rising sun or a smile. Below the word "EAGeR" is the full name of the study, "The Effects of Aspirin in Gestation & Reproduction", in a smaller, teal-colored font. The logo is flanked by two blue, curved shapes that resemble stylized waves or hills.