

The NEST Stork: Delivering News To You

February 2014

Volume 3

Fun ways to complete Follow-up activities!

- Call us at : (919) 681-6176
- Meet us at your child's annual doctor visit.
- Schedule a home or office visit
- Come to one of our NEST parties
- Find us at a local health related event!
- Visit our website, neststudy.com for more information

Share the Love



Happy Valentine's day to our wonderful participants. We hope you all get to spend the day with the people you love the most. We wanted to share an easy and healthy fondue recipe for you to try at home!

Ingredients: 1 cup Nutella, 1/2 cup of cream, sliced fruit such as pineapple, strawberries, bananas, nuts etc.

To make fondue, warm up Nutella in microwave or on stove top for about a minute then gradually stir in cream until fondue like consistency! An easy and delicious way to get your kids to eat fruit.



Enjoy!

Current Study Results

Results from studies suggest that intake of drugs and environmental exposures during pregnancy may affect the health status of your children and grandchildren. These effects, which are passed down through generations, are thought to be explained by changes in chemical marks that attach to our DNA (epigenetics).

1. Our NEST data shows that epigenetic changes in a gene called the *pleomorphic adenoma gene-like 1 (PLAGL1)* gene are associated with early-life exposures, such as infection and inflammation while in the womb. This could increase susceptibility to chronic diseases and abnormal development later in life (Liu Y, et al., Am J Obstetrics and Gynecology 2013;208:395.e1-7).
2. We also identified a set of genes with epigenetic changes at birth in children whose mothers smoked during pregnancy. Our findings show epigenetic processes in the origination and development of negative health outcomes associated with this important exposure while in the womb (Murphy SK et al, Gene 2012;494:36-43). We worked with the National Institute of Environmental Health Sciences (NIEHS) researchers to verify these findings (Joubert BR et al., Environ Health Perspect 2012;120:1425-31).
3. Our findings confirm that severe depressed mood during pregnancy is associated with low newborn birth weight, and that several genes may play important roles in this association (Liu Y et al, Epigenetics 2012;7:735-46).

Keep in touch!

Find us on...



[Facebook.com/TheNestSTudy](https://www.facebook.com/TheNestSTudy)

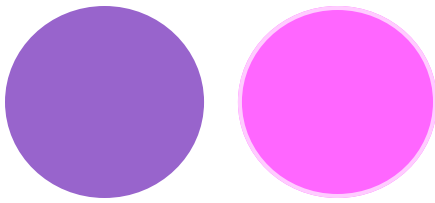


@theneststork

Neststudy.com



Duke University Medical Center



Resources for you and your child!

Child Care Services Association:

Durham County: 919-403-6950
Orange County: 919-967-3272
Wake County: 919-779-2220

Durham's Alliance for Child Care Access: 919-560-8300

Orange County Department of Social Services

919-967-9251 or 919-732-8181

Wake County Human Services

919-773-7600

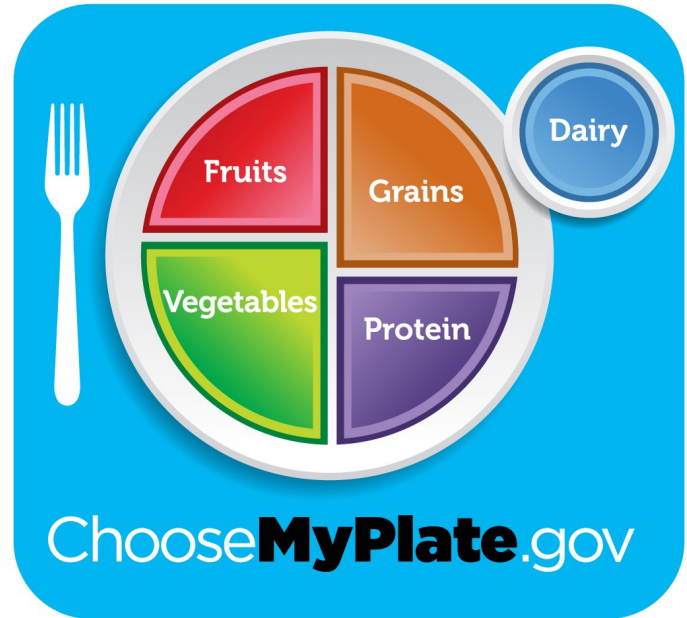
Duke Appointment Scheduler

1-888-ASK-DUKE

CAARE Clinic

(free clinic and other services) :
919-687 -0793

Does your plate look like this? The new USDA guidelines suggest healthy habits by following reasonable portion sizes. Find recipes and ideas at choosemyplate.gov!



Nutrition is very important for our children. Do you need to finish your Diet Recalls? Call 919-966-8913

2608 Erwin Rd., Suite 210 Durham, NC 27705



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