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MAY 2021, ISSUE 1

# Bump2Baby and Me

Participant Newsletter



## Welcome

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Dr Sharleen O'Reilly - Project Leader

Thank you so much for agreeing to take part in our exciting study. We are delighted you said yes!

This newsletter will keep you up-to-date with what's happening in the Bump2Baby and Me (B2B) study. We will keep you posted on the study's progress and introduce you to the teams in each hospital involved.

**“As one of the women taking part, you are essential to the study's success.”**

If there is any specific information you would like to see covered, we are happy to hear your thoughts so let us know. We very much hope that this newsletter will help you feel part of our study community and look forward to sharing our news with you.



# Meet the Dublin Clinical Team

The study kicked off in Dublin back in February and we have 59 women taking part so far! The UK site in Bristol has just started and soon Granada and Melbourne will join in too. We will introduce the different teams in the next few newsletters.

You will have met some of the team already or spoken with them over the phone but here is a chance to put a face to the names behind the emails or calls.



Laura O'Toole is our research midwife. She is qualified as a registered general nurse and midwife and will be starting her PhD in September looking at women's views on pregnancy and taking part in research. Laura will meet you during your hospital visits.



Shauna Carrigan is our research assistant. She is a registered dietitian and just completed a certificate in clinical research. Shauna is really interested in women and children's health and will be coordinating study visits and keep in touch with you during the study.

Laura O'Toole (left) and Shauna Carrigan (right) with Clinical Trials Manager Aisling Geraghty (centre).



## 5 Quick Facts

### 1 Five year project

The project runs from 2020-24 so we are already a year in! Last year was all about setting the study up so we could start recruitment in 2021.

### 2 International partners

The project involves partners from Ireland, UK, Spain, Denmark and Australia. We received €4M EU and €400K Australian funding to do the research.

### 3 Different maternity services

Each country has different hospitals involved: The National Maternity Hospital in Dublin, Southmead North Bristol NHS Trust in Bristol, Monash Medical Centre in Melbourne, Clinical University Hospital San Cecilio and Mother-Infant University Hospital in Granada.

### 4 COVID-19 changed things

COVID-19 has changed everyone's lives and for B2B it was no different. Our recruitment moved to remote where possible and keeping contact to a minimum. Even our team meetings moved to Zoom and we have yet to meet some team members face-to-face!

### 5 Lots of women taking part

We are recruiting 200 women from each of the four countries in the study and that means we will have lots of lovely babies joining our Bump2Baby and Me family over the next two years.

# In the Spotlight

Chatting about gestational diabetes

## What is gestational diabetes?

Growing a baby is hard work and for some women, it puts too much stress on their bodies and they develop gestational diabetes. For most women, once their baby is born, the diabetes goes away but we also know that women with gestational diabetes are about 10 times more likely to develop type 2 diabetes around 5-10 years later.

## How common is it?

1-in-8 women get gestational diabetes, making it the most common pregnancy complication worldwide. Because it is so common, everyone gets screened.

## Why am I at higher risk of developing gestational diabetes?

There is a fairly long list of risk factors that we know are linked to women who develop gestational diabetes. There are some risk factors you can't change - your age or a family history of diabetes - but there are some that can be changed, like weight. If we can screen women early, we can better support them.

## How will I know if I have it?

The test for gestational diabetes involves taking some blood before and after drinking a sugary drink to see how your body responds. This test is called a glucose tolerance test and is normally done at 24-26 weeks pregnant. Your hospital will provide you with lots of support if you are diagnosed with gestational diabetes after the test.

## Will gestational diabetes affect my baby?

Women with gestational diabetes have a higher chance of having large babies because the glucose in the woman's blood can cross into the baby's blood, giving them more energy than they need so they get bigger. The babies of women with gestational diabetes have a higher risk of developing overweight or diabetes in the future.



Sharleen is an Assistant Professor at University College Dublin, a Registered Dietitian and mum to two young children.

## How will the B2B study help?

Providing more lifestyle support to women at risk of gestational diabetes during pregnancy and afterwards is important. We are testing two different ways of doing this to see which works best. Every mum taking part is helping us build better care for more mums in the future!

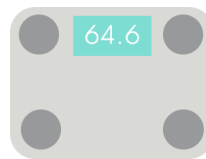
**“1-in-8 develop gestational diabetes, making it the most common complication a woman can have in pregnancy!”**



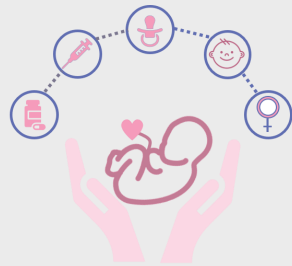
# Bump2Baby and Me Journey

Your participation in the study is super important as you are helping to improve pregnancy and postpartum care for women like you around the world. By taking part, you are also helping build research which can potentially help mothers and their babies in the future.

Everyone taking part gets a Bluetooth scale. Your scale collects extremely useful information on weight and body composition, both of which are important in gestational diabetes and health after pregnancy. This helps us understand how your weight changes during pregnancy and after birth.



## Did you know?



Your baby is only a quarter of the weight you gain during your pregnancy!

The rest of the weight comes from things like your placenta, building stores for breastfeeding and all the extra blood your body needs to grow your baby.

Filling out questionnaires is part of the fun of taking part in research! Your questionnaires are all online so you can fill them out on the go or when you have 5 minutes to spare. We know that you are busy with everything life throws at you as well as growing a little person so we try to keep the questionnaires short and easy to complete.



The first questionnaires are actually the longest and tell us about your starting point. They help us to learn more about who you are and your dietary patterns, sleep patterns and overall wellbeing. This information helps us to understand all participants and what their health and lifestyles are like.



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