

# Newsletter

Issue 4  
(Spring 2024)

A research study following thousands of  
parents and babies living in Scotland

[tinyurl.com/borninScotland](https://tinyurl.com/borninScotland)



**Born in  
Scotland**



## ***Born in Scotland* pregnancy research study celebrates over 800 participants!**

Our University of Edinburgh research team was delighted to sign up the 800th pregnant *Born in Scotland* study participant recently.

The study is hoping to find out how health in pregnancy and early childhood shapes our lives. There are no extra appointments or blood tests. Instead, participants sign up online, to consent to share their medical data and leftover blood samples.

Researchers then put the two together to create a virtual 'birth cohort'; this will hopefully link potential risk factors during time in the womb with an individual's health right up through childhood and potentially even into adulthood.

## Born in Scotland in numbers

**646** blood samples  
collected so far

**12** Community Midwife  
teams helping hand  
out info leaflets

**1,250** leaflets posted out  
every month to newly  
pregnant women and  
people

## Keep in touch!



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Edinburgh Pregnancy  
Research Team

## In this issue...

- Events from our team in 2024 for your calendar.
- Did you catch our very own Prof. Rebecca Reynolds on BBC Radio 4?
- How to take part in other studies related to *Born in Scotland*.





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# Born in Scotland

## 2024 Events Calendar

We've got some great events coming up in 2024 that our team is involved with - please join us!

### 4th April

#### Edinburgh Science Festival Event: Healthy Pregnancies, Healthy Lives

Flash talks from interdisciplinary researchers will show how health in pregnancy builds lifelong health for parents, children and communities.

### 7th June

#### #Red4Research Day in NHS Lothian

Celebrate research in the Royal Infirmary of Edinburgh concourse.

### 23-24th September

#### GLOW'24 Conference, Edinburgh

Rising to the challenge: Women's and newborn's health in the context of global crises.

## Take part in related studies

There are some exciting new studies now related to *Born in Scotland* - and if you are pregnant, you may be able to take part.

- I-test is a study looking at using scans of the retina (back of the eye) in pregnancy, to try and detect complications.
- SIMPREG is using wearable technology to monitor health in pregnancy.



Scan to find out more and sign-up today

## Professor Rebecca Reynolds featured on BBC Radio 4

*Born in Scotland's* Chief Scientist Professor Rebecca Reynolds joined legendary broadcaster Melvyn Bragg on February 8th, 2024.

Featuring on an episode of the discussion programme 'In Our Time' dedicated to hormones, she discussed the "exquisite regulation" of these chemical messengers - especially in pregnancy.

Listen on catch-up: <http://tinyurl.com/hormonesradio>

