

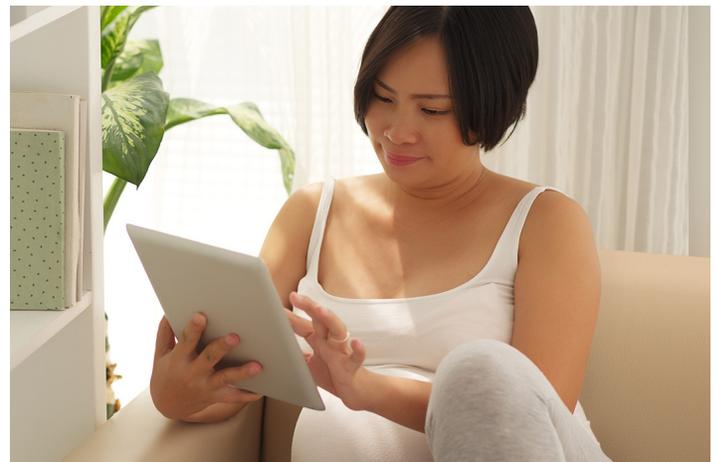


Support the PregSource™ Research Project  
*Help Shape the Future of Obstetric Care*

**We've all heard them:** pieces of pregnancy wisdom that trickle down through the ages with no evidence that they are true or false. Addressing these theories, on everything from heartburn and hair growth to sweet/sour cravings and baby's gender, takes time away from more important topics.

The *Eunice Kennedy Shriver* National Institute of Child Health and Human Development and its partners recently launched PregSource, a research project that aims to capture information about pregnancy directly from pregnant women. These data will help provide a more complete picture of the pregnancy experience and inform strategies for improving maternal care. The findings may also provide evidence to prove or disprove long-held pregnancy myths.

The free, confidential PregSource website allows women to track their pregnancies and share their experiences with pregnant women nationwide, as



well as with health care providers like you. Using PregSource can help build patients' own knowledge about pregnancy and the many forms that motherhood may take. At the same time, participants will be informing research and care to help mothers and babies in the future.



PregSource data will help answer important questions, such as the following:

- **How many women experience morning sickness?** How long does it generally last? At what stage of pregnancy is it more common? Is it related to weight gain?
- **How much does being pregnant affect sleep patterns?** How do these patterns change over the course of the pregnancy?
- **What are the patterns of weight gain during pregnancy,** and how do they affect pregnancy and fetal and infant health?
- **How do other factors**—such as medication use, diet, and exercise—change over the course of the pregnancy?
- **How do those with particular challenges,** such as physical disabilities or chronic diseases, experience pregnancy and new motherhood?



Encourage your patients to help by joining PregSource. The website offers the following to participants:

- **Trackers to chart pregnancy characteristics,** including weight, sleep, mood, morning sickness, and physical activity over time
- **Questionnaires about pre-pregnancy health** and pregnancy symptoms and complications
- **Easy ways to share information** with health care providers and others
- **Information about pregnancy experiences** from other women in the PregSource community
- **Confidential and secure** data collection
- **Notices about clinical research studies** for which participants might be eligible
- **Access to reliable pregnancy information** from trusted sources, including the National Institutes of Health, federal health agencies, and organizations focused on pregnancy and related issues

PregSource offers women the opportunity to improve health care for future moms-to-be by simply answering questions about their pregnancy. Any information women choose to share through questionnaires and health trackers is voluntary and will remain secure. PregSource will only use this information for research purposes—personal information will never be shared or sold to a third party, and participants will not receive advertisements for pregnancy- or baby-related products or services. Joining PregSource is free and open to pregnant women ages 18 to 70.

Support this groundbreaking initiative, and encourage your patients to use PregSource as a convenient and important tool for understanding pregnancy and motherhood.



Visit [pregsource.nih.gov](https://pregsource.nih.gov)