

# SHAPES



## Study of how adiposity in pregnancy has an effect on outcomes

The **Newcastle upon Tyne Hospitals NHS Foundation Trust** and **Newcastle University** are working on a research study that you might have the opportunity to take part in.

### The research

Pregnant women are currently offered extra care during pregnancy if they have a high body mass index (BMI). However, BMI might not be the best measure for identifying which pregnant women should receive extra care. In **SHAPES** we are exploring if other measures (for example, waist size or extra ultrasound measures) are better at identifying who needs extra care in pregnancy.

### Who can take part?

Women of any BMI who will be attending the Royal Victoria Infirmary for their 12-week scan, and to have their baby, can take part in **SHAPES**.

### What does the research involve?

If you take part in **SHAPES** you will have some extra measurements taken during your 12-week scan appointment. This will mean the appointment will be an extra 45 minutes. To say thank you for your time, we will give you some photos of your baby from your 12-week scan appointment with a photograph mount. We also have 40 prizes of £100 shopping vouchers to give away in a prize draw.

### How can I find out more?

Contact us by email: [nuth.rhnresearch@nhs.net](mailto:nuth.rhnresearch@nhs.net), phone: 0191 2820362 or look at our website: <http://research.ncl.ac.uk/shapes/>

