

The
MAMMI
Study



Newsletter Issue 6, December 2015

We hope that you and your family are healthy, well and looking forward to the holiday season. We have had such a fantastic year and want to thank you for making it so special for us by telling us how you and your family are.

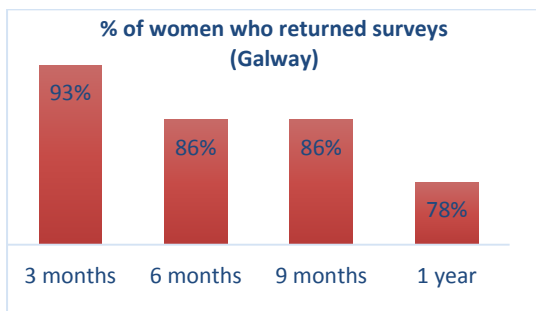
Welcome to the Coombe

We are so excited to have the Coombe Women & Infants University Hospital now in the MAMMI study. Sunita began giving out information packs in August and we are amazed with how many women have already come on board.

Jamile has started asking pregnant women from the Coombe about their diet and exercise during pregnancy – women are filling in a short questionnaire in the 7th or 8th month.

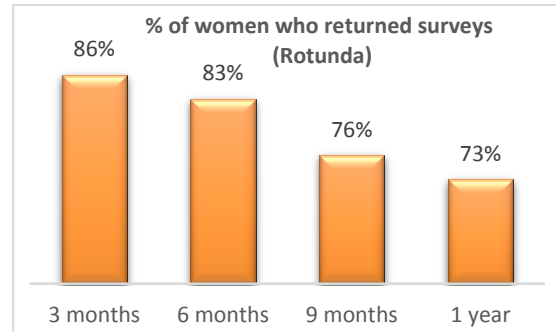
A massive thank you to Galway

Margaret has stopped recruiting women in Galway, 325 women agreed to be in the study and most women are returning the postnatal surveys. The chart below shows the response rates - these rates are great and are better than most other international studies of the same design. We are still receiving postnatal surveys daily in the post. Thank you.



Congratulations to the Rotunda

A huge thank you to the 1837 women who joined the study from the Rotunda Hospital. We stopped recruiting there in October 2014 and will continue to send and receive postnatal surveys to and from these mothers until April 2016. Like Galway new mothers are brilliant for returning the postnatal surveys even though they have such busy lives.



Fran has interviewed women about their experience of pelvic girdle pain, her findings have been published and a link can be found on the MAMMI website (www.mammi.ie).

Deirdre has interviewed women about their experience of leaking urine and she has been awarded her PhD.

Here's a little sample of some of the early sexual health findings. This table shows the amount of women experiencing some sexual health problems after the birth of their baby, and shows how common these issues are.

	3 months (n=1090)	6 months (n=960)	9 months (n=778)	1 year (n=513)
Lack of vaginal lubrication	51%	51%	51%	49%
Painful penetration	50%	40%	35%	24%
Pain during intercourse	44%	33%	31%	20%
Difficulty reaching orgasm	31%	38%	34%	36%
Unable to reach orgasm	19%	20%	21%	21%
Vaginal tightness	40%	38%	34%	27%
Vaginal looseness	18%	18%	15%	15%
Loss of interest in sex	55%	60%	60%	56%

All of this information is new in Ireland, and a huge thank you for sharing your experiences.

For more information, please go to the website www.mammi.ie or email us at contact@mammi.ie