



OUTREACH HEALTH GROUP

Announcement!

Need some extra help searching for the right donor for you or your clients?

Make sure to check out the **Concierge Services** that we offer! Our different packages are designed to meet your individual needs!

Visit "The Process" on our website for further details, <https://creatingcanadianfamilies.ca/process/>

THOUGHT OF THE MONTH

"We've all got both light and dark inside us. What matters is the part we choose to act on. That's who we really are."

--J. K. Rowling

ANNOUNCING NEW DONORS THIS MONTH

5460 - African American

10079 - African American

3122 - Caucasian

5473 - Caucasian

Check out our Website!

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Air pollution linked to irregular menstrual cycles

The air your teenage daughter breathes may be causing irregular menstrual cycles. Well documented negative health effects from air pollution exposure include infertility, metabolic syndrome and polycystic ovary syndrome. This study is the first to show that exposure to air pollution among teen girls (ages 14-18) is associated with slightly increased chances of menstrual irregularity and longer time to achieve such regularity in high school and early adulthood.

"While air pollution exposures have been linked to cardiovascular and pulmonary disease, this study suggests there may be other systems, such as the reproductive endocrine system, that are affected as well," said corresponding author Shruthi Mahalingaiah, MD, MS, assistant professor of obstetrics and gynecology at Boston University School of Medicine and a physician in obstetrics and gynecology at Boston Medical Center.

hormonal regulation. Particulate matter air pollution has demonstrated hormonal activity. However, it was not known if air pollution was associated with menstrual cycle regularity, until now.

The researchers used health and location data gathered in the Nurses' Health Study 2 plus air pollution exposure metrics from the EPA air quality monitoring system to understand a participants' exposure during a particular time window. They found exposure to air pollution in during high school was correlated with menstrual cycle irregularity.

"Implications on human disease may come through reducing emissions on a global and individual level," said Mahalingaiah.

The findings appear in the journal *Human Reproduction*.

For full article, <https://www.sciencedaily.com/releases/2018/01/180125120441.htm>

The menstrual cycle is responsive to



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Hours of Operation:

Monday through Friday 8:30 a.m. to 5:00 p.m. Saturday 9:00 a.m. to 1:00 p.m. EST

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