



Newsletter

2018

Welcome to the 2018 Hertfordshire Cohort Study Newsletter!

Message from Professor Cyrus Cooper, Unit Director



It was a pleasure to see so many of you at our Hertfordshire Open Day in June. This was an opportunity for us to share with you some of the key findings that have emerged from the Hertfordshire Cohort Study over the last 20 years, and we thoroughly enjoyed hearing your

reflections on your participation in this crucial work. Many of you attended with other family members, and in this newsletter we will tell you about our progress with the Hertfordshire Intergenerational Study. We are also planning a number of further studies in Hertfordshire in the coming months; please watch out for our letters!

As always, we are very grateful to everyone who has participated and made such ground breaking research possible.



The Hertfordshire Cohort Study Team

The Hertfordshire Intergenerational Study of Bone Health

We are delighted to announce that the Hertfordshire Intergenerational Study of Bone Health is now underway. We know from previous studies in Hertfordshire that the way we grow in our mother's womb and the first few years of life affects our risk of developing many diseases in later life, such as thinning of the bones (osteoporosis).

In this study we are interested in whether your early life has had an impact on the bone health of your offspring. Over 120 of you including grandparents, children

and grandchildren have been to Cambridge for measurements of your bones using state-of-the-art methods at the Elsie Widdowson Laboratory. These measurements will enable us to look in detail at the structure and makeup of your bones and see if there are any similarities across generations.

We also took blood samples that will allow us in the future to see if there have been any changes to your genes caused by the environment (epigenetics) and if these changes are passed down across generations.



We will shortly begin to analyse all the data and look forward to sharing the exciting findings with you. We would like to send our sincerest thanks to all those (younger and older) who were able to come to Cambridge to take part.

Interested in research? Want to get involved? We are looking to recruit some cohort members from the Hertfordshire Cohort Study to help guide our research. No prior expertise required. Please contact HCS (hcs@mrc.soton.ac.uk) for further information.

We have reviewed our Privacy Policy in line with the new General Data Processing Regulations. A copy is available on our website or can be requested by contacting the address on the reverse.

