

# The LIFE Study

**A study of how lifestyle and the everyday environment might affect the ability to have a baby**

Did you know that approximately one in ten Americans will have difficulty having a baby?



Site-specific contact information

## **What is the LIFE Study?**

The Longitudinal Investigation of Fertility and the Environment (LIFE) Study is a research project being done to help us learn more about how the everyday environment and lifestyle might affect a couple's ability to have a baby.

This National Institutes of Health study is being conducted in three states, including Maryland, Michigan, and Texas. The National Institute of Child Health and Human Development is leading the study as part of its mission to sponsor research focusing on factors impacting human reproduction and development (42 US 285g).

## **Why is this study being done?**

It is estimated that approximately 10 percent of U.S. families will experience difficulty having a child. Very little is known about what types of things might affect a couple's ability to get pregnant and a woman's ability to carry a pregnancy to term. The data collected during the LIFE Study may provide doctors with the information that they need to better advise couples that wish to have a child.

## **Who is eligible to participate?**

We are currently enrolling couples in committed relationships who are thinking about trying to have a baby.

## **If we choose to participate, what will we be asked to do?**

If you choose to participate, you and your partner will be asked to keep journals and complete a series of questionnaires as you try to get pregnant. If you conceive, we will also ask you to keep a journal throughout the pregnancy.

As an incentive for participation, we will give you a digital fertility monitor that will help identify the fertile period. The monitor will be yours to keep, even after the study is completed. You will also be given free home pregnancy test kits so that you can learn that you are pregnant as soon as possible.

In addition to providing us with the other information, we will also ask you to provide us with specimens such as blood and urine for the measurement of environmental pollutants. If you are willing to cooperate, you will receive up to \$75 each.

## **What are the benefits of participation?**

During the course of the study, you will receive health information and home monitors that will help you maximize your ability to have a baby. In addition, you and your partner will be contributing to an effort that may help doctors better advise future generations.

## **Are there any costs involved in participation?**

All of the information and study materials will be provided to you and your partner free of charge. The only cost to you will be your time and effort.

## **How do we find out more about the LIFE Study?**

One of our research assistants will contact you within the next few weeks to tell you more about the study and ask for your help. In the meantime, you can contact us at (800) XXX-XXXX or visit our website at [www.lifestudy.us](http://www.lifestudy.us).