



DINO Parent Newsletter

Newsletter for the Docosahexaenoic Acid (DHA) for the Improvement of Neuro developmental Outcome in preterm Infants: The DINO TRIAL

Dear Parents

Welcome to the first Issue of the 'DINO Parent Newsletter'. We thank you very much for taking part in the 'DINO Study'. Your family's participation is greatly appreciated.

The last trimester of pregnancy is when babies receive the highest amount of DHA through the placenta. If they are born prematurely, they may miss out on receiving this large amount of DHA.

The level of DHA in breast milk can be increased by taking a DHA supplement or eating a lot of fish.

'The purpose of the DINO Study is to work out whether increasing the amount of DHA that a premature baby receives, can improve their long term growth and development'.

The Study commenced Nationally in January 2004. There are currently 191 babies enrolled across Australia. The DINO Study is a non profit research project funded by the National Health and Medical Research Council of Australia (NHMRC).



An important part of the study is the collection of specific information about your baby. We will contact you at the following times to ask you some questions. They will include feeding information and measurements of growth such as the weight, length and head circumference of your baby.

Estimated Date of Delivery (EDD)

This is the day your baby was due.

4months (corrected age) Your baby's EDD+ 4 months

12months (corrected age) Your baby's EDD+ 12 months

18months (corrected age) Your baby's EDD+ 18months. We will ask you to return to the hospital for a specialised development assessment called the '*Bayley's Assessment*'.

'Tamika' and 'Gypsy'



The first twins enrolled on the DINO Study. This photo was taken at their 4 month appointment.



It is important that all babies receive a constant supply of DHA once they reach their due

date. Mothers are encouraged to breastfeed for as long as possible. If infant formula is required we encourage you to purchase a formula that is supplemented with DHA, at least until your baby is 4 months of age. These include - Heinz Starter Gold, S26 Gold or Karicare Gold.

We need your help to stay in touch with you. It is really important that we follow up every baby in the study until they are 18 months of age. We need to ensure we have an accurate picture of making dietary changes in early life.



To update your address or contact details, or those of family or friends you have listed as contacts, please complete the attached 'Update Contacts' slip and forward to the coordinator from the hospital where you had your baby/babies. Alternatively email your new details to us at the address below. Thank you

Participating Sites and Coordinators:

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FAQ's



What is the Bayley's?

The Bayley Scales of Infant Development tests the behaviour and measures the mental and physical development of infants from one to forty-two months of age. This test will be performed at your 18 month visit.

How long will the DINO Study go for?

We need to recruit a total of 477 babies. We will hopefully reach this number by August 2005. All 18 month follow up appointments should then be completed by June 2007.

We hope this newsletter finds you and your family safe, happy and well. From all staff involved in the DINO Study



Contact us at:

dino.trial@adelaide.edu.au