



NuGO WEBINAR

“Precision nutrition applied to pregnancy and its complications.”

November 26 from 10:00-11:30 (CET = UTC+01:00)

Please register [here](#)

NuGO works with the GoToWebinar platform. Make sure to join us a few minutes earlier to get all programme updates. Questions can be asked in the [chat function](#) or preferred live by actively opening your microphone and camera.

The organizers of this webinar are

A/Prof. [Annalisa Terranegra](#), Shaikha Al Abduljabbar, Arun Lakshmanan and Fatima Ahmad from [Sidra medicine](#), QA

“Precision nutrition applied to pregnancy and its complications.”

Programme

10:00 Introduction by [Annalisa Terranegra](#), Sidra Medicine, Qatar

- Nutrition in female reproductive health: an overview of the current guidelines
- What is the role of precision nutrition in pregnancy?
- Our research strategy and the multi-omics approach

10:30 “Dietary modifications and gut microbiome fluctuation in pregnancy”, Shaikha Al Abduljabbar

10:45 “The gestational diabetes mellitus (GDM) study”, Arun Lakshmanan

11:00 “The preterm birth (PTB) study”, Fatima Ahmad

11:15 Q&A session

Background information on the Sidra Medicine Research Branch, Qatar.

Sidra Medicine provides specialized health care to women, children and young people from Qatar and around the world. The Research Department is becoming fully integrated into every patient’s journey, and the ‘standard of care’ for patients visiting Sidra Medicine benefits from seamless access to state-of-the-art technologies housed within the research. At Sidra Medicine, the Laboratory of Precision Nutrition (PreNutri Lab), led by Dr Terranegra, is interested to characterize the molecular mechanisms underlying the role of food and nutrients in diseases using cutting-edge technologies, such as bacterial 16S rRNA-sequencing, DNA-methylation arrays, DNA genotyping and nutritional assessment (BMI, body composition, dietary patterns and micronutrient computing). Thanks to local and international collaborations, PreNutri lab is currently running studies on female reproductive health, perturbation of the mother-baby axis during pregnancy and early baby life, pediatric type 1 diabetes, adult and pediatric obesity, cardiovascular diseases, inflammatory bowel diseases, and nephrotic syndrome. PreNutri Lab’s research topics perfectly match NuGO’s mission and vision and being part of NuGO will definitely improve the quality of our studies and bring new collaborations. Most importantly, the NuGO and Early Carrier Network (ECN) will provide a valid platform for our young scientists to learn more about precision nutrition and to pursue their scientific carrier in this field.

Please, join us for this webinar and explore future perspectives of nutrition in female reproductive health and learn about Sidra Medicine studies and research strategy.