



ELGAN-ECHO

SPRING/SUMMER 2026



Seasonal Spotlight

Stay Hydrated This Summer

When you sweat heavily, you lose more than water - you lose sodium and potassium, the minerals that help muscles and nerves function properly. Sports drinks like Gatorade replace these electrolytes, but did you know you can make an electrolyte drink at home?

SIMPLE ELECTROLYTE DRINK

2 CUPS WATER
1/4 TSP SALT (JUST A PINCH!)
2 TSP HONEY OR SUGAR
2 TBSP LEMON OR LIME JUICE

STIR AND ADD ICE, IF DESIRED. ENJOY!



Study Update

Hello from ELGAN-ECHO!

Although ELGAN-ECHO data collection has now concluded, **the study remains very active**. Our team continues to analyze data and share findings through research presentations and publications, exploring the long-term health, development, and wellbeing of participants.

We are also working on writing **approachable summaries of our published papers**. We hope these will be a useful resource for ELGANs, their families, and new parents navigating preterm birth.

As always, **thank you for your participation!** Thanks to your efforts, our research team will be busy for years, continuing to learn more about preterm birth and ensuring that your contributions make a lasting impact.

A few of the questions we're studying:

How could **nutrition and environmental health** help prevent preterm birth?

What factors influence the **long-term cognitive outcomes** in people born preterm?

How does **air pollution** affect lung health for people born preterm?



Study Team Spotlight

Welcome to the Team, Huyen!



Greetings, everyone! My name is Huyen Vu, and I joined the ELGAN-ECHO team as Project Lead in February 2026. I support project coordination across regulatory compliance, participant engagement, publications, reporting, and study operations. Before joining the team, I worked in maternal and child health and other public health research programs. I enjoy collaborating with multidisciplinary teams and using data to improve health programs.

I'm originally from Vietnam, and I enjoy traveling and exploring different cultures and cuisines. I'm excited to get to know everyone and learn more about the important work happening across the ELGAN-ECHO network!

ELGANS ASK

Q: What should I know about family planning and reproductive health?

A: There isn't much research on this topic yet, but here's what we know now:

Family planning

Adults born very preterm generally have children at rates similar to, or sometimes lower than those born at term.^{1,2}

Health in pregnancy

People born preterm have a moderately higher risk of pregnancy complications like pre-eclampsia, gestational diabetes, and high blood pressure.¹

Preterm delivery

1/10 US babies is born preterm, with less than 1/100 extremely preterm. Extremely preterm-born moms (ELGANS) have somewhat (up to 3 times) higher risk of a preterm delivery than term-born moms.³



If you're thinking about starting a family someday, we recommend:

Preconception Counseling

Talk to your healthcare provider about your health history and your family planning decisions to plan for your pregnancy.

Pregnancy Monitoring

Plan for close monitoring with an OB-GYN or maternal-fetal specialist to manage elevated risks during pregnancy.

With the right counseling and monitoring, many people born preterm go on to build healthy families.

As ELGANS reach adulthood, we hope to learn more about this important topic and to keep contributing to the knowledge of what helps people born preterm live happy, healthy lives.

Do you have a question about the ELGAN study or preterm birth? Email us at ElganEchoStudy@unc.edu.

1. van der Pal, van der Meulen, Welters et al. (2020)
2. Wong, Mendonça, Tsalacopoulos et al. (2025)
3. Wilcox, Skjaerven, and Lie. (2007)



Seasonal Spotlight Breathe Easy

Checking the air quality index (AQI) helps you stay safe outside, especially during wildfire season or high-pollution days. It's especially important for people with asthma, allergies or heart conditions.

How to check the AQI:

Search your location using www.AirNow.gov or a weather app.

How to read AQI guidelines:

0-50

Safe for everyone to be outside

51-100

Very sensitive groups should limit time outdoors

101-150

People with asthma or other breathing conditions should limit time outdoors

150+

Everyone should limit time outdoors



Stay in Touch!

Want to update your home address or contact information? Have an update you'd like to share in a newsletter, or a question for the study team? Please reach out to us at ElganEchoStudy@unc.edu!

