
Follow us on *Twitter*: @mammi_tcd and on our new *Instagram* page @the_mammi_study_tcd to keep up to date on MAMMI news and events!

MAMMI Study and you



Everyone here on the MAMMI study team hopes that you and your family are all happy, healthy and doing well!

As we look forward to the start of a New Year with hope and possibility, we want to take some time to say a huge **thank you** for your continued participation in, and support of, the MAMMI study.

The MAMMI study five-year follow-up survey will be wrapping up at the end of 2022 and we estimate that over 1000 women will have completed the survey! This is an amazing response and we appreciate every woman who has taken time from her busy life to complete the survey!

The MAMMI Study – Future projects

We are thrilled to reveal that the MAMMI study has secured funding to develop and launch the MAMMI study **ten-year follow-up** project!

We would really welcome your involvement in developing this survey please (like you did with the 5-year follow-up survey). The survey will need to develop and include a new section on women's health as they enter the menopausal phase of life.

The MAMMI Website

Remember to share the MAMMI study's online course: **Women's Health After Motherhood** with friends and family! This course was developed with MAMMI study participants and is available on our website, along with several online resources, for women all around the world to access whenever they need! tcd.ie/mammi/

Looking to 2022

We are looking forward to the positive changes that 2022 will bring, and we hope to begin inviting women to join various research projects in the New Year, so, keep an eye on your email and our Social Medias for exciting developments!

In the meantime, we hope that you and your family will enjoy a warm, peaceful and safe holiday season and New Year.



Keep in contact with the MAMMI study!

If you have changed address, help us stay in touch by letting us know at our email address: mammistudy@tcd.ie or call us on: **087 118 6762**.