



**RECRUITMENT  
NUMBERS AS  
OF  
08/15/2024**

**66 Mom  
Participants**

**15 Enrolled  
children**

**Thank You,  
Families!**

## WHAT WE'VE LEARNED SO FAR:

### ECHO Study Investigates Relationship Between Phthalate Exposure and High Blood Pressure, Related Complications During Pregnancy



High blood pressure during pregnancy can be very dangerous. It can also develop into the more serious conditions of preeclampsia or eclampsia. The ECHO study wanted to see how environmental exposures may relate to high blood pressure in pregnant women. Specifically, our goal was to look at the link between exposure to phthalates (chemicals used in plastics, food packaging, and personal care products) and preeclampsia.

Urine was collected from 3,430 ECHO participants. From the urine, 13 metabolites that are linked to phthalates were measured. Researchers found that higher levels of these metabolites in urine were associated with a higher risk of developing high blood pressure conditions. For example, a specific type of metabolite that is linked to phthalates found in PVC-based plastics and insect repellants was associated with a 12% increased risk of preeclampsia. More research is needed to better understand these effects and to identify interventions to reduce the risk of these kinds of pregnancy complications.

**For More Information:**  
<https://echochildren.org/research-summaries/echo-study-investigates-relationship-between-phthalate-exposure-and-high-blood-pressure-related-complications-during-pregnancy/>

**Read the Full Article:**  
<https://www.sciencedirect.com/science/article/pii/S0160412024002642?via%3Dihub>

**On behalf of the entire study team, we want sincerely thank you for your tremendous contributions to our research efforts. We are learning a great deal about Environmental Influences on Child Health Outcomes thanks to your involvement, which we would not have been able to do without your dedication and support.**

**We understand that your time and effort are precious, and we are incredibly grateful for your willingness to share both with us. Your insights and experiences will contribute to significant advancement in the advancement of child health and development.**



**ECHO**

Environmental influences  
on Child Health Outcomes

A program supported by the NIH





# Newsletter



## Upcoming Milestones and Projects

### Phthalates Exposure Research:

We are currently working on a paper examining how children are exposed to phthalates through the use of skincare products like lotions, sunscreens, and oils.

### New Activity Monitoring:

Starting in September, newly enrolled participants will begin monitoring their sleep and physical activity using an activity watch. This approach will collect real-time data on participants which will be useful for future research.

### National Collaboration:

This fall, the MUSC ECHO team will attend a national ECHO meeting to collaborate with other ECHO sites across the country. This event will provide valuable opportunities for sharing insights and advancements in our research.

**Stay tuned for more updates!**

Do You Have Any Questions?

Please Contact Our Study Team!

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