

ORIGINS

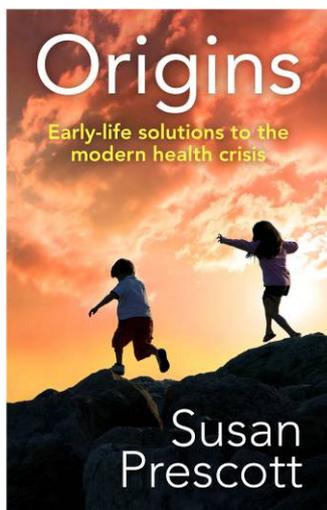
Early-life solutions to the modern health crisis

By Susan Prescott

Published – April, 2015

374pp, \$29.99pb

ISBN: 9781742586700



“How well we start life will determine how we finish it”.

– Author of *Origins*, Dr Susan Prescott

In **Origins: Early-life solutions to the modern health crisis**, Dr Susan Prescott, an internationally recognized paediatrician reveals how a poor start in life can increase the risk of later life disorders including:

- cardiovascular disease
- obesity
- type 2 diabetes
- metabolic disturbances
- osteoporosis
- lung disease
- some forms of cancer
- some mental illnesses.

“Our relationship with the environment begins at our conception, and even before that, with the health of our parents”.

The environment in which early life develops — at conception, in utero, infancy and early childhood can have a long term impact on later health and disease risk.

Parental lifestyle, diet, smoking, obesity and exposure to chemicals and toxins, have also been shown to affect the rates of disease.

The damage to our health is often graded and subtle. It does not simply disrupt development or increase disease, but can affect how rapidly disease develops in an individual.

The good news is that timely changes to the parents and children’s way of life may reduce the chance of disease and limit its transmission to the next generation.



Dr Susan Prescott is an internationally renowned specialist in childhood allergy and immunology. She works as a Paediatric Allergist and Immunologist at Princess Margaret Hospital for Children and the Telethon Kids Institute in Western Australia. She is also a Winthrop Professor in the School of Paediatrics and Child Health at The University of Western Australia. Her contributions in the area of allergy and early immune development have led to a paradigm shift in the understanding of allergic disease. Dr Prescott’s

previous book *The Allergy Epidemic: A Mystery of Modern Life* (2011) has received great critical acclaim.

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Q& A with Susan Prescott

What is *Origins* about?

The importance of a healthy start to life to lessen the chance of disease and illness in later life.

What is the main message of *Origins*?

It's important for people to understand that many aspects of our health and disease are programmed in early life, and that the environment can have a major influence on our long-term health and longevity. There needs to be greater emphasis on disease prevention and the biggest opportunity is at the start of life.

How did you come to write the book?

I am president of the DOHaD (Developmental Origins of Health and Disease) society in Australia and New Zealand. The International Society for Developmental Origins of Health and Disease was set up to promote research into the foetal and developmental origins of disease and involves scientists from many backgrounds. Advocacy and education in is part of the DOHaD's charter.

More information on DOHaD:

<http://www.mrc-leu.soton.ac.uk/dohad/index.asp?page=1>

Telethon Kids Institute television campaign:

<http://telethonkids.org.au/news-events/our-tv-commercials/susan-prescott/>

For media queries, images, or to arrange an author interview please contact Benython Oldfield at Zeitgeist Media Group for UWA Publishing on 0410 355 790 or email: benython@zeitgeistmediagroup.com