

Miriam Erick's Story

Miriam Erick, MS, RDN, LDN, CDE

In my first life, I wasn't a dietitian! After I graduated from the University of Connecticut (in Storrs) my first job was in retailing, which I grew to hate because it felt so superficial. After a few years working in retail, I decided to become a nutritionist and started taking courses at the University of Rhode Island- URI—nutrition, chemistry and physiology. I was advised to seek a course to become an RD and completed a dietetic traineeship in Boston at the former Boston Hospital for Women (BHW), now part of Brigham and Women's Hospital (BWH).



When I completed my traineeship, I was hired as a clinical RD at the "Robert" Breck Brigham Hospital, a major orthopedic institution. A few years later, "the Robert," the Peter Bent Brigham, and the Boston Hospital for Women – both The Lying In and The Parkway divisions, merged to become the Affiliated Hospital Center, AHC. With this new name, the "Brighams" seemed to vanish from the radar, and after some administrative re-thinking, the institution was renamed Brigham and Women's Hospital. With the mergers I remained the orthopedic RD until the BHW moved in, and then I became the OB dietitian, which started my unintended career in obstetrical nutrition.

With the number of women with hyperemesis gravidarum I saw regularly, adding up to many hundreds of women over my career, I had a unique opportunity to interview these women to death! And as they say... "the rest is history!" My research and observations became a book titled "*No More Morning Sickness: a survival guide for pregnant women,*" which was published in 1993. Later that year I was a guest on "CBS This Morning" with Paula Zahn! As a result of writing the first book on the nutritional management of morning sickness I was nominated by the Nutrition Entrepreneurs DPG and awarded an Award in Excellence by the American Dietetic Association Foundation in 1994.

During my career at BWH, I pursued my Masters' degree at the University of Bridgeport (in Connecticut) with the focus of my thesis on "*The Lack of Nutritional Consensus in the Management of Gestational Diabetes.*" During my Masters' days, I wrote my first Letter to the Editor (LTE) which was published in response to "*Normal plasma cholesterol in a man who eats 25 eggs a day.*" NEJM 325: 584. (August 22, 1991). I was sponsored to become an educational affiliate of the American College of Obstetrics and Gynecology (ACOG) which I continue to maintain.

While I enjoy writing, it is an effort fraught with difficulty and always dozens of rewrites. I have several publications including one involving an infant affected by poor nutritional status of the mother with a vitamin K deficiency! (See Toriello H et al in PubMed). I write from my clinical core which focuses on prenatal nutrition and the impact of nutritional deficiencies. I am active in the International Colloquium on Hyperemesis Gravidarum, attending with clinical posters at the conferences. One poster for the Amsterdam 2019 conference will highlight my theory from "*Long term consequences of severe hyperemesis gravidarum including the possibility of intrauterine fetal demise,*" which was published in SO Journal of Obstetrics, Gynecology and Women's Health September 2018.

I am currently finishing up edits on the soon-to-be paperback "*Take Two Crackers and Call Me in the Morning! A real-life guide to surviving morning sickness.*" This work is currently an e-book and contains excerpts from Charlotte Bronte's letters before she died from starvation due to hyperemesis. I am now on sabbatical, having "retired" from my long-term position at BWH. I hope to establish a virtual nutrition practice with hyperemesis sufferers. Once I complete the face lift of my website, www.morningsickness.net, I will embark on marketing the "Little Nudges." I am awaiting final clearance on my trademark application, which is another long story! The current product line can be seen on www.little-nudges.com. Two additional designs are in line for production. Plans are to market to the health care industry, including RDs in various arenas. My LinkedIn tagline is "Nutrition to the Rescue," which covers a gamut of conditions.

Connect with Miriam: LinkedIn: <https://www.linkedin.com/in/miriamerick/>

Twitter: @MiriamErick

Email: miriamerick@comcast.net