

## PhD Defence

### Maternal Lifestyle During Pregnancy and Timing of Puberty in Sons and Daughters

*Nis Brix, MD*

**Friday, August 9, 2019  
12.00–14.00**

Eduard Biermann Auditorium  
Lakeside Auditorium  
Aarhus University  
Bartholins Allé 3  
8000 Aarhus C

#### Evaluation Committee

**Professor Mette Nørgaard, MD, PhD  
(chairman and moderator)**  
Department of Clinical Epidemiology  
Aarhus University Hospital, Aarhus, Denmark

**Professor Ken K. Ong, MB, B.Chir, MRCP,  
PhD, MPhil**  
MRC Epidemiology Unit  
University of Cambridge School of Clinical  
Medicine, Cambridge, United Kingdom

**Professor Rolv Terje Lie**  
Department of Global Public Health and  
Primary Care  
University of Bergen, Bergen, Norway

#### Supervisors

**Professor Cecilia Høst Ramlau-Hansen,  
MHSc, PhD (main supervisor)**  
Department of Public Health  
Aarhus University, Aarhus, Denmark

**Professor Tine Brink Henriksen, MD, PhD**  
Department of Pediatrics, Perinatal  
Epidemiology Research Unit  
Aarhus University Hospital, Aarhus, Denmark

**Professor Jørn Olsen, MD, PhD**  
Department of Clinical Epidemiology  
Aarhus University Hospital, Aarhus, Denmark

## PhD Defence and symposium Friday, August 9, 2019

Eduard Biermann Auditorium  
Lakeside Auditorium  
Aarhus University  
Bartholins Allé 3  
8000 Aarhus C

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|-------------|---|
| 12.00–14.00 | <b>PhD Defence</b><br><b>Maternal Lifestyle During Pregnancy and Timing of Puberty in Sons and Daughters</b><br><i>by Nis Brix, MD</i>  |
| 14.00–14.20 | <b>Short coffee break</b>   |
| 14.20–14.40 | <b>Genetics of puberty timing</b><br><i>by Professor Ken K. Ong, MB, B.Chir, MRCP, PhD, MPhil</i><br>MRC Epidemiology Unit, University of Cambridge School of Clinical Medicine, Cambridge, United Kingdom              |
| 14.40–15.00 | <b>Neurological and developmental outcomes after the Chernobyl fallout in Norway</b><br><i>by Professor Rolv Terje Lie</i><br>Department of Global Public Health and Primary Care, University of Bergen, Bergen, Norway |
| 15.00       | <b>Closing remarks</b><br><i>by Professor Cecilia Høst Ramlau-Hansen</i>  |
| 15.00       | <b>Reception</b>  |

## Press release

Please fill in this form and return it to [graduateschoolhealth@au.dk](mailto:graduateschoolhealth@au.dk) in Word format no later than three weeks prior to your defence.

### Basic information

Name: Nis Brix Email: [nis.brix@ph.au.dk](mailto:nis.brix@ph.au.dk) Phone: +4530232548

Department of: Public Health

Main supervisor: Cecilia Høst Ramlau-Hansen

Title of dissertation: Maternal Lifestyle During Pregnancy and Timing of Puberty in Sons and Daughters

Date for defence: August 9 at (time of day): 12.00 Place: Eduard Biermann Auditorium

Press release (Danish)

Mors livstil under graviditeten er forbundet med alder for, hvornår hendes børn går i pubertet

Et nyt ph.d.-projekt fra Aarhus Universitet har undersøgt, om pubertetsalderen er faldende i Danmark og om mødres livstil under graviditeten er forbundet med tidligere pubertetsudvikling hos sønner og døtre. Projektet er fra Aarhus Universitet, Health, og er gennemført af læge og ph.d.-studerende, Nis Brix, der forsvare sit ph.d.-projekt den 9. august 2019.

Over det sidste århundrede er børn gået tidligere og tidligere i puberteten, men årsagerne er kun delvist kendte. Det er vigtigt at identificere potentielle årsager til den tidligere pubertetsalder, da tidlig pubertet er relateret til sygdomme i voksenlivet. Forskerne bag undersøgelsen studerede 15.819 danske børn og fandt, at de gik tidligere i puberteten end før i tiden. Derudover var mors rygning og overvægt under graviditet forbundet med en tidligere pubertetsudvikling hos sønner og døtre.

Forsvaret af ph.d.-projektet er offentligt og finder sted den 9. august kl. 12.00 i Eduard Biermann auditorium, Aarhus Universitet, Bygn 1252, Bartholins Allé 3, 8000 Aarhus C. Titlen på projektet er "Maternal Lifestyle During Pregnancy and Timing of Puberty in Sons and Daughters". Yderligere oplysninger: Ph.d.-studerende Nis Brix, e-mail: [nis.brix@ph.au.dk](mailto:nis.brix@ph.au.dk), tlf. +45 3023 2548.

Bedømmelsesudvalg:

Professor Mette Nørgaard, MD, PhD (formand for bedømmelsesudvalget)

Klinisk Epidemiologisk Afdeling

Aarhus Universitetshospital Hospital, Aarhus, Danmark

Professor Ken K. Ong, MB, B.Chir, MRCP, PhD, MPhil

MRC Epidemiology Unit

University of Cambridge School of Clinical Medicine, Cambridge, England

Professor Rolv Terje Lie

Department of Global Public Health and Primary Care

University of Bergen, Bergen, Norway

Press release (English)

The mother's lifestyle during pregnancy is linked to the timing of puberty in her sons and daughters.

A new PhD project from Aarhus University has explored whether the timing of puberty is occurring at an earlier age in Denmark and whether the mother's lifestyle during pregnancy is linked to earlier puberty in her sons and daughters. The project was carried out by MD, PhD student, Nis Brix, who is defending his dissertation on August 9, 2019.

The age at puberty has decreased over the past century, but the reasons are only partly known. As early puberty is related to diseases later in life, identification of potential causes of earlier pubertal timing is warranted. The researchers studied pubertal development in 15,819 children and found that Danish children matured faster than previously. Moreover, the mother's smoking during pregnancy and obesity were linked to earlier puberty in sons and daughters.

The defence is public and takes place on August 9, 2019 at 12.00 in Eduard Biermann Auditorium, Aarhus University, Building 1252, Bartholins Allé 3, 8000 Aarhus C. The title of the project is "Maternal Lifestyle During Pregnancy and Timing of Puberty in Sons and Daughters". For more information, please contact PhD student Nis Brix, email: [nis.brix@ph.au.dk](mailto:nis.brix@ph.au.dk), Phone +45 3023 2548.

**Assessment committee:**

Professor Mette Nørgaard, MD, PhD (chairman and moderator)  
Department of Clinical Epidemiology  
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University of Cambridge School of Clinical Medicine, Cambridge, United Kingdom

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University of Bergen, Bergen, Norway

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