

Newsletter

Spring 2014



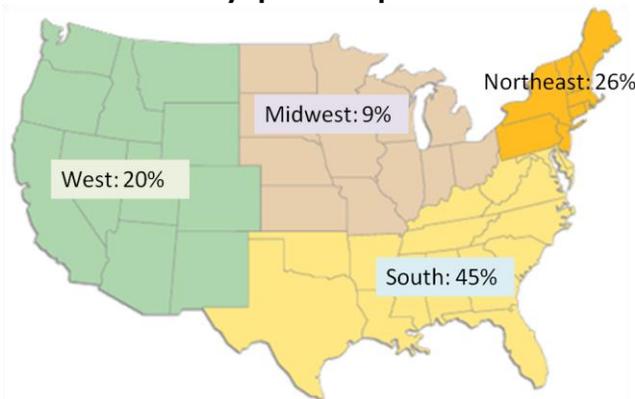
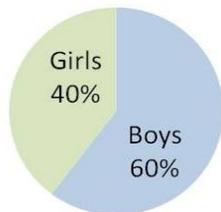
Thank you for being a part of the WIND Study! This is the latest installment in a series of newsletters that we send to keep you up to date with our progress and to give you some interesting information about topics related to the study.

Our Progress

We recently finished enrolling our third group of families from six different hospitals across the country. We've enrolled more than 200 new participants, bringing the total number of participants to over 1000. We're completing long term follow-up interviews daily and we're appreciative of the nasal swabs you mail to us!

Fun Facts about the WIND Study participants!

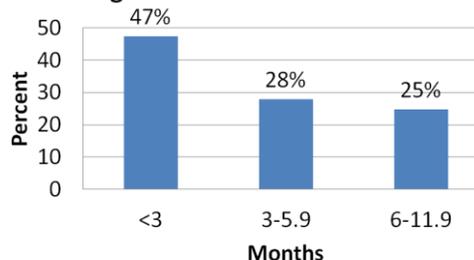
Gender



Current location of participants

- 33% of WIND Study participants have at least one parent with a history of asthma
- 61% of WIND Study participants' parents have a history of at least one allergy
- At the time of enrollment, 23% of participants had attended some daycare

Age at time of enrollment



Contact Us

If you ever have any questions about the WIND Study or updated phone numbers we welcome you to contact us anytime!

855-815-WIND (9463)
windstudy@partners.org
www.windstudy.org

We welcome your comments and suggestions about future Newsletter topics. Thank you!



Introducing new members of the WIND Study team

We want to introduce the newest interns to the WIND Study team: Elie, Amita, and Karen. They do follow-up interviews so you will have a chance to talk with one of them soon!

Reminder: Spring Swabs

If we mailed you a Spring Seasonal Swab, please send it back to us soon! Remember to take it when your child **does not** have a breathing problem. If you need a reminder of how to take a nasal swab, please call us at 1-855-815-9463 or you can watch the video on our website (www.windstudy.org).

Get to Know...Michelle Stevenson

Michelle Stevenson is one of the site principal investigators of the WIND Study. She is a pediatric emergency medicine physician at Kosair Children's Hospital in Louisville, Kentucky, one of the 17 hospitals where children have been enrolled in our study.



In addition to her work with the WIND Study, Dr. Stevenson is also interested in appendicitis and MRSA (a type of

Dr. Stevenson believes the study can help design better preventive strategies.

bacteria that is resistant to many antibiotics and causes infections). When she's not seeing patients, she enjoys teaching in her role as the Associate Program Director of the pediatric residency program at the University of Louisville.

She spends most of her free time with her husband and three children and enjoys traveling, reading, and running.

Dr. Stevenson: "This study will provide us with important ways to predict which infants will go on to develop recurrent wheezing so that we can appropriately counsel families and design better preventive strategies."

Hop into Spring: Probiotics

Probiotics are bacteria that help maintain a healthy balance in the digestive system. Although they're naturally found in the intestines, probiotics are also available as dietary supplements.

A study published in the journal *JAMA Pediatrics* investigated whether giving a probiotic to newborns would reduce colic (sustained crying in an otherwise healthy baby), reflux, and constipation. 589 newborns were randomly assigned to either receive a mixture of sunflower oil and a probiotic supplement, or the oil mixture without the probiotic. Parents were asked to give daily drops of the mixture for 90 days and to record information about regurgitation, inconsolable crying, and healthcare visits.

At 3 months, infants who received the probiotic mixture had reduced numbers of regurgitation and constipation episodes per day, as well as a shorter crying duration. These families also saved an average of \$118 of their own money from pediatric visits and lost parents' work days.

While this study focused on infants up to age 3 months, the WIND study is interested in learning more about probiotics use, which is why we ask you about it during the 30-Month interview!

Indrio F, Di Mauro A, et al. Prophylactic use of a probiotic in the prevention of colic, regurgitation, and functional constipation: a randomized clinical trial. *JAMA Pediatrics*. 2014;168(3):228-233.

Spring Activities for the family!

As warmer weather approaches, here are a few inexpensive, outdoor activity ideas you and your children can enjoy together!

Water Painting

Gather together a variety of brushes and sponges and fill a bowl with water. Find a space that's fine to get wet (such as a backyard or sidewalk) and show your children how to dip the brushes into the water and paint their canvas!

Blowing Bubbles

Mix 1 cup of water, 2 tablespoons of glycerin (available in pharmacies), and 4 tablespoons of dishwashing liquid. For a wand, re-use an old bubble wand, use cookie cutters, or make your own. Dip the wand into the solution and have fun!

Balloon Badminton

Make racquets by taping paper towel holders, paint stir sticks, or anything long and sturdy to the back of paper plates. Blow up a couple of balloons and try hitting a balloon back and forth without it touching the ground!