

THE WIND STUDY Newsletter

fall 2014

WIND STUDY NEWS: ENTEROVIRUS D68

This fall, many hospitals have seen an unusually high number of children with enterovirus D68 (also known as EV-D68). Keep reading to find out more about this virus and how it may affect kids with breathing problems.



SYMPTOMS: The symptoms of EV-D68 are typically like those of the common cold and include runny nose, sneezing, and

coughing. In severe cases, however, children may have a fever with wheezing or difficulty breathing. Children who have a history of wheezing or asthma are at risk of having more severe symptoms of EV-D68 if they get the virus.

HOW IT SPREADS: The virus spreads through contact with respiratory droplets—for example, through coughing or sneezing.

DIAGNOSIS: If your child experiences symptoms and visits a healthcare provider, a health professional may take a nasal swab or a throat swab and test it in a lab to see if your

child has enterovirus or some other virus. As always, if your child experiences a breathing problem and visits a healthcare provider, please remember to also take a nasal swab using the WIND study kit and to mail this swab to us in Boston; we will use the WIND study swab for future research on respiratory problems in young children.

TREATMENT: Although there is no vaccine or specific treatment for EV-D68, patients may receive treatment for their individual symptoms, such as an inhaled bronchodilator (like albuterol) for wheezing.

PREVENTION: Here are some tips to help keep your family healthy:

- Frequently wash your hands with soap, and try to wash for at least 20 seconds (the time it takes to sing "Happy Birthday" twice!).

- Cover up when you cough or sneeze, using a tissue or your elbow, not into your hands.

- Use wet wipes labeled "antibacterial" and "antiviral" to clean toys and other surfaces that your child touches frequently when they are sick.

Be sure to contact your child's doctor or another health professional, if you have any questions about enterovirus D68.

FALL ACTIVITIES

Here are a few inexpensive activities for the whole family to enjoy together this fall:



PRESSED LEAVES: Collect colorful leaves that have fallen in the backyard or local park. Place each leaf between the pages of a phonebook, catalog, or other thick book. Let dry for one week. Then use the dried leaves to make crafts, like a fall collage.



FOIL PAINTING: Make a canvas by wrapping a piece of cardboard with aluminum foil. Add a teaspoon of dishwashing liquid to a cup of washable paint. Now, help your child paint a picture. The colors will show up extra bright on the foil!



HAND TURKEY: Use a crayon to trace your child's hand on a piece of paper. Now, help them color in the turkey's feathers (the outline of their fingers), the turkey's head (their thumb), and its body (the palm of their hand).

IN-DEPTH: FISH OIL

During follow-up interviews, we ask if your child has ever taken fish oil or cod liver oil. Fish oil is a supplement made from tuna, salmon, halibut or other fish. It contains omega-3 fatty acids, which many doctors think are good for the heart and brain.

Some people choose to take this supplement

because the human body can't make omega-3 fatty acids on its own, and because they do not get enough of this substance in the foods they eat.



Research shows that some, but not all, children with asthma have less coughing or wheezing and need less asthma medication if they take fish oil at least once a week. However, other research studies suggest that fish oil has no impact on asthma. [1]

We hope that the WIND Study will help us better understand how fish oil and cod liver oil affect breathing problems in children who were hospitalized for bronchiolitis.

[1] Yang H, Xun P, He K. Fish and fish oil intake in relation to risk of asthma: a systematic review and meta-analysis. PLoS One. 2014; 8(11).

GET TO KNOW... STEPHEN TEACH

Stephen Teach is one of the site principal investigators of the WIND Study.

He is a pediatric emergency medicine physician in Washington, D.C. at Children's National Medical Center, one of the 17 hospitals where children have been enrolled in the study.



Dr. Teach's most interesting relative is Blackbeard the Pirate (Captain Edward Teach)!

In addition to his work with the WIND Study, Dr. Teach conducts research on the medical care of inner-city children with asthma. He also serves as the medical director of IMPACT DC, an asthma research and advocacy program. He has written more than 100 research articles and book chapters.

According to Dr. Teach, "The WIND Study will enable us to better understand the interplay among classic asthma risk factors and early life viral infections in the emergence of recurrent wheezing and asthma in infants and children."

FALL SWAB REMINDER

If we mailed you a Fall Seasonal Swab, please send it back to us as soon as you can! Remember to take this fall swab 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 watch the video on our website (www.windstudy.org).

CONTACT US

Do you have questions about the WIND Study?
Did you recently move or change your phone number or email?
Please let us know so that we can stay in touch. Call or email us anytime.

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