

OUR PROGRESS

The WIND Study team has completed 328 follow-up interviews so far this summer. Below are a few fun facts about the WIND Study kids.

 **234**

Participants who celebrated birthdays this summer.

 **4 months**

Age of youngest participant

 **43 months**

Age of oldest participant

 **5**

Pairs of twins enrolled in the study.

You can find the latest updates at the News & Notes section of www.windstudy.org.

SUMMER SWAB REMINDER

If we mailed you a Summer Seasonal Swab, please send it back to us as soon as you can! Remember to take this summer 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).

WIND STUDY NEWS

Katie and Tarina are the newest members of the WIND study team. They do most of the follow-up interviews, so you will probably have a chance to talk with one of them soon.

FUN IN THE SUN: SUMMER ACTIVITIES

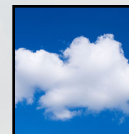
Here are a few inexpensive, outdoor activities for the whole family to enjoy together this summer:



NATURE BRACELETS: Make a bracelet by wrapping masking tape around your child's wrist with the sticky side facing out. Take a walk around the neighborhood and decorate the bracelet by sticking on leaves, flower petals, or other items that catch your child's eye.



BACKYARD BEACH: Lay a piece of newspaper on the lawn or the kitchen floor and fill up a dishpan with corn meal. Give your child some tools to play in the "sand", like a spoon for digging and a cup for building castles.



CLOUD WATCHING: Lie back on a blanket in the backyard or local park. Have the kids use their imagination to see what shapes they can spot in the clouds. Older children can use paper and crayons to draw the shapes they see.

IN-DEPTH: CELIAC DISEASE

During follow-up interviews, we ask if your child has ever been tested for or diagnosed with celiac disease. Celiac disease is an illness where gluten, a type of protein found in some grains, damages the lining of the small intestine and makes it difficult for the body to absorb nutrients. In children, celiac disease may result in problems with growth.

People with celiac disease typically experience nausea, diarrhea, or other digestive problems after eating foods with gluten, like some types of pasta or bread. They manage their illness by avoiding foods that contain gluten. This is why you may have seen foods labeled as “gluten-free” at the grocery store.

Research suggests that asthma occurs more frequently in people with celiac disease than it does in people without celiac disease. [1] However, the relationship between the two illnesses is unclear. On



one hand, it is possible that the harmful effects of celiac disease on childhood development may increase the risk of asthma. On the other hand, children who already have asthma might be more susceptible to celiac disease. A third possibility is that similar genetic and environmental factors could contribute to both asthma and celiac disease, explaining why the two illnesses often occur together. [2]

We hope that the WIND Study will help us learn more about the relationship between celiac disease and asthma.

[1] Ludvigsson J. et al. Celiac disease confers a 1.6-fold increased risk of asthma: A nationwide population-based cohort study. *Journal of Allergy and Clinical Immunology*. 2011; 127(4):1071-3.

[2] Hemminki K. et al. Subsequent autoimmune or related disease in asthma patients: clustering of diseases or medical care? *Annals of Epidemiology*. 2010; 20(3):217-22.

GET TO KNOW... FEDERICO LAHAM

Federico Laham is one of the site principal investigators of the WIND Study. He is a pediatric infectious disease specialist at the Arnold Palmer Hospital for Children in Orlando, Florida, one of the 17 hospitals where children were enrolled in the WIND Study.



Dr. Laham lives in Orlando – not too far from the theme parks! – with his wife and two young daughters.

Besides seeing patients in the hospital and the clinic daily, Dr. Laham participates in research studies to help find solutions to the problems that pediatricians face today. He conducted his first research study about bronchiolitis in Buenos Aires, Argentina, where he attended medical school. During his training, he worked in research labs at Johns Hopkins University and Baylor College of Medicine to understand the impact of viruses on children’s health.

About the WIND Study, Dr. Laham said that “pediatricians have known for too long that there is a link between bronchiolitis and asthma, especially in children whose parents have allergic conditions. Solving this complicated puzzle is likely to open doors to new treatments that we may have not imagined before.”

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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www.windstudy.org