



Newsletter

Summer 2018

WIND UPDATE: LOOKING BACK AND LOOKING FORWARD

The WIND Study Team would not be able to do the research we do without the incredible support of WIND Study participants like you! Since this project started in 2011, we have completed **9,690** interviews and **645** in-person follow-up visits! In 2018 alone, we have already written **5** research articles on lots of different topics – such as your child’s immune system, their metabolism (the process of how the body creates and uses energy), and vitamin D.

Soon, we will be reaching out to you about the age 6-year visit, which completes the first phase of our study. At the age 6-year visit, a clinician will take your child’s vital signs and their height and weight, listen to their lungs, examine their skin and nose, do a nasal and saliva swab, and take another quick blood draw. The age 6-year visit also includes *pulmonary function tests* which measure air flow and inflammation in the airways. These tests will help us understand how your child’s lungs work and may lead to better treatments to help your child’s breathing. This visit is expected to take 1 to 1.5 hours, and we will pay you \$125 for your time, travel, and participation.

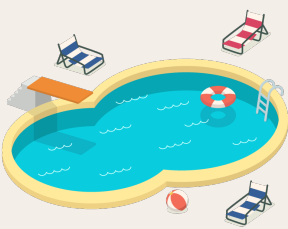
It is with your tremendous help that the WIND Study Team has learned so much about infant bronchiolitis, allergies, and childhood asthma. Your help has also allowed us to share new scientific knowledge through research articles and lectures. Our progress so far has led to increased support from the National Institutes of Health (NIH). The NIH has recently granted us funding to extend the WIND Study from age 7 years to age 9!

After your child turns 6 years old, the WIND Study Team will reach out to you to see if you would like to continue to be a part of the study. Participation in this second phase of the WIND Study includes yearly follow-up phone interviews at ages 7, 8, and 9 and the continued review of your child’s medical records through age 9 years. There also will be another opportunity for an in-person visit during ages 7-8 years.

By joining us on this journey, you have been helping us understand childhood breathing problems to improve future care. The WIND Study Team truly cannot thank you enough for making all our research possible!



IN DEPTH: A POOL OF KNOWLEDGE

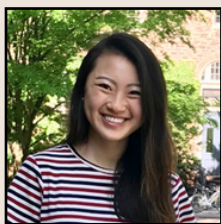


In the heat of the summer, a dip in the pool can be a fun way to cool off. You may recall us asking you in our follow-up phone interviews about the time your child spends at the pool and perhaps are wondering why. The WIND Study Team wants to learn about how often your child gets into the pool because it gives us information about your child’s environment.

As mentioned in previous newsletters, how your child interacts with their environment can affect how their lungs and immune system develop. The questions we ask you help give us a better idea of the role of swimming, exposure to chlorine, and bacteria – good and bad – may play on the lungs and immune system. The WIND Study is interested in how the environments of indoor and outdoor swimming pools may affect breathing and health.

In short, your response to these questions – and many others – allows us to better understand the factors that may affect your child’s respiratory health, and we greatly value your participation!

GET TO KNOW: MINJIA TANG



Minjia is one of the newest members to join the WIND Study team. She is a Clinical Research Coordinator at Massachusetts General Hospital, and she looks forward to connecting with you through phone calls and emails!

Minjia is a recent graduate of Princeton University where she studied Ecology and Evolutionary Biology. She has always been interested in the health effects of how people interact with their environment and within their community. She believes that the more we learn about these connections, the better we can create a world that improves the well-being of all people.

Growing up, her mom was a pediatrician, and Minjia has loved being around children. Being a part of the WIND Study is meaningful to her because she recognizes that a greater understanding of the development of asthma will lead to better care for millions of children in the future. She knows that you all are the reason this goal can be achieved, and she is excited to speak with you soon!

SUMMER ACTIVITIES

Here are a few crafts for you and your child to try this summer!



CUPCAKE LINER CRAB: Start by helping your child cut a sheet of blue construction paper into a square or rectangle with child-safe scissors. Glue a cut-out of a brown paper lunch bag or tan paper to the bottom edge of your blue paper for sand. Next, cut a red cupcake

liner in half to create the bodies of two crabs, gluing them to the blue paper with the curved side up. Cut claws from another red cupcake liner. Use a red marker to draw legs and mouths on each crab. Finally, glue on googly eyes to bring your crabs to life! Feel free to add to the scene with sequins in the sand for shiny rocks or shells, draw in some waves, or include additional oceanic friends with markers or crayons.

Materials: Red cupcake liners; blue construction paper; googly eyes; brown paper lunch bag or tan paper; markers or crayons; glue; scissors; gold and silver sequins (optional)



PAPER PLATE WATERMELON: With child-safe scissors, have your child cut a paper plate in half. Either with paintbrushes or fingers, paint the outer rim of the plate green and the inner section red to make a watermelon. While the paint

dries, enjoy some real-life watermelon! Afterward, use craft glue to attach the seeds of your snack onto your paper plate watermelon.

Materials: Paper plate; red and green paint; watermelon seeds; craft glue; scissors; brushes (optional)



HANDPRINT CAMPFIRE: First, you and you child can create the “flames” with handprints of red and orange paint. Simply paint your child’s hands with red or orange, and then help him or her press them onto the center of your white paper. Next, using

the brown paint, help your child paint some straight lines for “logs” underneath the flames. You can cut a “stick for roasting marshmallows” from the brown construction paper and glue it on the white paper. For the final touch, glue a few cotton balls marshmallows and enjoy your personalized campfire!

Materials: White and brown construction paper; red, orange, and brown paint; cotton balls; glue; scissors;

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 we can stay in touch. Call or email us anytime.

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