THE wind STUDY

Newsletter Spring 2018

Spring Activities

Here are a few fun activities for you and your child to try this spring.

FORK DANDELION: Have your child dip the back side of a plastic fork into yellow paint. Stamp the paint-covered fork on the paper to make a circle shape. Repeat in circles until your dandelion is filled in. Let dry. Draw a stem with a green marker. Leave the dandelion totally yellow or add a bit of orange if you would like.

What you will need: White construction paper, green marker, yellow (and orange) paint, a plastic fork

HANDPRINT FLOWER BOOKMARK: Have your child paint a large popsicle stick completely green except for tip of one end. Set aside and let dry. While drying, trace your child's hand on a foam sheet or piece of construction paper. Using child-safe scissors, help your child cut out their handprint. If you would like, cut out some leaves from a green foam sheet or piece of construction paper. Finally, glue the handprint cut out to the unpainted end of your popsicle stick to complete your handprint flower bookmark! Engage your child's creativity by decorating with markers, glitter, gems, or paint!

What you will need: Blue construction paper; nontoxic white paint/finger paint; black marker/black paints & brush; Q-tips/sponge brushes/cotton balls/etc. (optional)

RAINDROP SUNCATCHERS: This is a great rainy day activity! Start by having your child gather crayons of all shades of blue from a crayon box. Together, peel off some or all of the paper off of the crayons. Lay out a piece of wax paper. With a pencil sharpener, help your child sharpen the peeled crayons letting the shavings fall onto the wax paper. As you sharpen, spread the shavings around to take up space on the wax paper. Once the shavings have been spread evenly across the paper, lay an equally sized piece of wax paper on top. Adult use only: use an iron on the lowest setting directly on top of the wax paper to melt the crayon shavings - it only takes a quick swipe of the iron to do this, the wax will melt and cool quickly. Next, you and your child can draw raindrop shapes on the paper and cut them out using child-safe scissors. Use a hole puncher and string to hang them up for display!

What you will need: Large popsicle sticks; green paint; multicolor foam sheets or construction paper; scissors; glue; marker; glitter, gems, etc. (optional)

CONTACT US!

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

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IN DEPTH: HISTAMINE & ALLERGIES

You may have heard about "histamine" or "antihistamines" at your doctor's office or in the pharmacy.

Histamine is a chemical produced in the body that helps your cells communicate with one another. One of its roles in the body is within the immune system. When something foreign enters the body, your immune system uses histamine as a message to cells throughout the body that something unnatural is present. This foreign, unnatural substance may be a pathogen – a substance that causes illness – or it may be an allergen – something like pollen, dust, or animal dander.

The message that histamine sends to the cells of your body is what leads to your body's reaction. When histamine's message is sent in response to an allergen, it leads to allergy symptoms, such as itchy, watery eyes, sneezing, or a runny or blocked nose. This is because your immune system is seeing the allergen as a threat, and it is reacting to it as if it were a pathogen.

Antihistamines are medicines that tame the immune system's reactions, including reactions that result in allergy symptoms. Antihistamines prevent histamine's messages from reaching other cells. If other cells don't receive the message from histamine, then they don't overreact. Therefore, antihistamines help to give us more control if our body's immune system is overreacting. For serious allergic reactions or anaphylaxis, the best treatment is epinephrine.

Interested in learning more about histamine? Check out this video on histamine by the National Institutes of Health (NIH) or this link from WebMD to learn more about what this sometimes-annoying chemical is and why we have it.

WIND STUDY PROGRESS

The WIND study was started 7 years ago, in 2011. Thanks to the support and participation of all of our WIND Study participants and parents,, we have completed thousands of follow-up phone interviews, carried out hundreds of in-person visits, and published dozens of research articles!

With your help, we have learned a tremendous amount about the link between bronchiolitis and asthma. The National Institutes of Health (NIH) thinks so highly of our research that we recently received funding to continue the WIND Study through age 9!

Check out this timeline to see the progress that has been made over the last 7 years thanks to parents like you! We couldn't do it with you!

ENROLLMENT

1,016 infants hospitalized with bronchiolitis across 17 sites nationwide were enrolled in the WIND Study with a grant from the National Institutes of Health (NIH).

Age 1

Age 2

Age 3

AGE 3-YEAR IN-PERSON VISIT

Age 4

Age 5

Age 6

FOLLOW-UP PHONE INTERVIEWS EVERY 6 MONTHS

RECONSENT

Thanks to your participation, the WIND Study received additional grants to fund a second in-person visit and extend our research through age 9. The WIND Study Team will reach out to you to see if you would like to continue to be a part of the study!

AGE 6-YEAR IN-PERSON VISIT

Age 7

Age 8

Age 9

FOLLOW-UP PHONE INTERVIEWS EVERY YEAR

GET TO KNOW: DAPHNE SUZIN

Daphne is a Project Coordinator at the WIND Study. We recently sat down and asked her questions about her education, her role on the WIND Study, and her future aspirations.

Q: *What is your educational background?*

A: I studied biochemistry and anthropology in college because I have always been fascinated by the way culture, behavior, environment, and human biology are related. I am curious about questions like: how do our surroundings, social life, physical activity, and food intake affect our long-term health?

Q: *What is your role in The WIND Study?*

A: I am a Project Coordinator for The WIND Study Age 3-Year Visits. This means that nationally, I oversee the operations of the age 3-year visits throughout our different hospital sites across the United States. And locally, I coordinate the age-3 year visits for our kids in the Boston area. I will take on the same role for the next phase of the WIND study: the age 6-year exams, which will start soon.

Q: *What is the best part of your job?*

A: There are too many good parts to mention, but here are my top two. The first is getting to meet the amazing WIND Study kids and parents at the Boston-area at their age-3 year visits. Our parents come from different cultural and professional backgrounds, and everyone has a unique story. The kids are little bubbles of personality; they can be shy/reserved, happy, curious, serious or chatty! It humbles me how dedicated our WIND Study families are as they travel from near and far and shift around busy schedules to attend the WIND Study visit. The second part is also humbling and that's being part of the greater mission to better understand pediatric respiratory health and allergies for the benefit of future children, while being part of an amazing and supportive group of WIND Study investigators and study staff.

Q: *What is the worst part of your job?*

A: There are two worst parts! The first is in clinic when the age-3 year visit ends and we have to say goodbye to the WIND family that we have gotten to know during the visit! By the end of the visit, even the kids who were initially shy and reserved are all smiles and hugs. The second worst part is that I won't get to meet so many of the amazing families that I talk to over the phone, for whom I help coordinate study visits across the US! I hope they know how much I appreciate them.

Q: *How do you think the WIND Study will contribute to your future career aspirations?*

A: I have always loved working with children because I am not-so-secretly a big goofy kid on the inside, and I easily relate to the earnest way kids interact with the world. I have known for a couple of years that I want to pursue a medical degree, but my time with the WIND Study families in our Boston clinic really opened me up to the possibility of becoming a pediatrician. I can easily envision being involved with future research and public health initiatives focused on pediatric preventive medicine.

Q: *What's a fun fact about you?*

A: I am crazy about dogs and goats because they are so intelligent, affectionate, and unbelievably cute!