

## OUR PROGRESS

Since the study began, we have completed more than 2,500 follow-up interviews for children age 1 year or older. We have received 1,400 nasal swabs. We continue to do follow-up interviews and receive nasal swabs daily. Soon, we will begin analyzing data and hope to share results with you in upcoming newsletters. We appreciate your contributions to the study so far! You can find the latest updates at the News & Notes section of [www.windstudy.org](http://www.windstudy.org).

## FUN FACTS

Did you know that many famous, accomplished people have had asthma?

They include:

- U.S. Presidents - John F. Kennedy, Theodore Roosevelt and Calvin Coolidge
- Athletes - David Beckham, Jerome Bettis and Jackie Joyner-Kersey
- Nobel Prize winners - E.J. Corey and Baruj Benacerraf
- Authors - Charles Dickens, John Updike and Edith Wharton
- Actors - Jessica Alba, Jason Alexander and Diane Keaton
- Musicians - Bono, Billy Joel and Pink



## SPRING SWAB REMINDER

If we mailed you a Spring Seasonal Swab (and only about 50 people received one), please send it back to us as soon as you can! Remember to take this spring 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](http://www.windstudy.org)).

## SPRING ACTIVITIES

Here are a few inexpensive activities for your family and friends to try this spring:

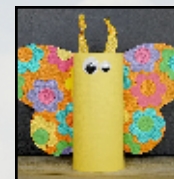


**SPONGE RELAY:** Get two empty buckets, two sponges, and a container of water. Divide into two teams. Each team member takes a wet sponge, races to the bucket and squeezes out the water from their sponge. Then, they run back and give the sponge to

the next person on their team. Once everyone has a turn, measure which team has the most water in their bucket to see who wins.



**CLOTHESLINE ART SHOW:** Looking for a place to display your child's arts and crafts? Hang a clothesline on a balcony, on the porch, or in the yard. Use clothespins to attach each piece of art to the clothesline. Your child can invite family members or friends to come see their art show.



**TOILET PAPER TUBE BUTTERFLY:** Draw a silly face on a toilet paper tube to create a "caterpillar". Cut out wing shapes on construction paper, and help your child tape them to the tube. Now, your child can decorate the butterfly any way they want. Try

antennae made of pipe cleaners or twist ties from the grocery store.

## IN-DEPTH: H2 BLOCKERS AND PROTON PUMP INHIBITORS

During follow-up interviews, we ask if your child has taken H2 blockers or proton pump inhibitors. These are two types of oral medications that decrease stomach acid.

Healthcare providers may prescribe one of these medications to help reduce the symptoms caused by acid reflux.

Well-known brands of proton pump inhibitors include Nexium and Prevacid.

Well-known brands of H2 blockers include Zantac and Pepcid.

Research suggests there may be a complex relationship between acid reflux and asthma. A certain type of acid reflux is more common in people with asthma than it is in the general

population, perhaps suggesting that use of these common medications contributes to the development of asthma.

On the other hand, for some people with acid reflux and severe asthma, treatment with these medications may improve their asthma symptoms. [1]

The link between acid reflux, acid reflux medications, and asthma remains unclear, especially when it comes to childhood asthma.

We hope that the WIND Study will help us better understand the relationship between acid reflux and asthma.

[1] Mastrorarde JG. Is There a Relationship Between GERD and Asthma? *Gastroenterology & Hepatology*. 2012;8(6):401-403.



## GET TO KNOW... JUAN CELEDÓN

Juan Celedón is one of the site principal investigators of the WIND Study. He is a Professor of Pediatrics in Pittsburgh, Pennsylvania at Children's Hospital of Pittsburgh.



Dr. Celedón loves to travel with his wife and two daughters. To date, he has visited 49 of the 50 states in the U.S., as well many foreign countries. He plans to visit his 50th state (Wyoming) this year!

In addition to his work with the WIND Study, Dr. Celedón has written more than 175 research articles about asthma and chronic obstructive pulmonary disease (COPD). He has received many awards for his work as a physician, teacher, mentor, and researcher.

Dr. Celedón believes the WIND Study may help develop new ways to prevent asthma caused by severe bronchiolitis, a major cause of suffering among young children in the United States and worldwide.

### 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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