

From Our Study Team to your Family...

# THE INSPIRE STUDY NEWSLETTER

## Did you know...

The nose and the lungs make up our respiratory system. The nose is the first part of the respiratory system where we take in oxygen through the air. This is called the upper airway. The oxygen then travels through the nose and into the lungs. The lungs are the largest part of the respiratory system and are considered part of the lower airway.

Infections are often divided into upper airway infections (like a cold), or lower airway infections (like wheezing or pneumonia). The major cause of upper airway illness (also known as colds), as well as lower airway illness in infants, is viruses. Respiratory syncytial virus (RSV) is one of the most common viruses identified in infants and young children. In climates, such as that in Tennessee and most of the United States, RSV circulates and causes illness only during the fall and winter months.

- In the U.S. 60% of infants are infected with RSV during their first year of life
- Nearly all children have been infected with RSV by 2-3 years of age.
- In infants, RSV causes both upper and lower airway infections
- RSV is the most common cause of lower airway infection resulting in hospitalization during infancy.
- There is currently no vaccine for RSV, and the only treatment is supportive care.
- Even parents and older children get infected with RSV, but the illness is milder than in infants

## SEASON'S GREETINGS!

One of our joyful traditions is saying Thank You and sending holiday greetings to the nearly 1600 families (and still recruiting) who are participating in the **INSPIRE Study**. Families throughout the middle Tennessee area are helping us to understand how respiratory infections (colds) in the first year of life impact future childhood health.

The map on Page 3 shows where our families are located. This is one of the largest and most comprehensive studies of the long-term impact of colds on healthy babies.

Without you and your continued dedication to this study, this would not be possible.

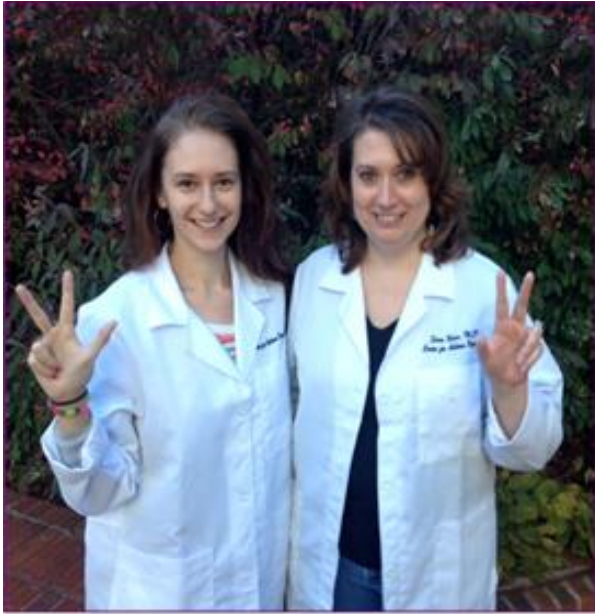
Thank you for being a part of this.

"Sometimes the smallest things take up the most room in your heart."

~Winnie the Pooh



## BEHIND THE SCENES IN OUR LAB



### Meet Our Lab Team

~ Sara Reiss (above right), Lab Manager, graduated from State University of New York (SUNY) at Plattsburgh with a degree in In Vitro Cell Biology and Biotechnology. Before coming to Vanderbilt, Sara worked for Upstate Biotechnology and was a research technician at Vanderbilt for nine years before joining pulmonary medicine. While working at Vanderbilt, Sara has earned a Master's Degree in Laboratory Investigation. Sara and her husband, Andrew, are parents of two children, Jacob and Sierra.

~ Kaitlin Costello (above left), Lab Assistant, graduated from Denison University in Granville, Ohio with a Bachelor's degree in Biology. While in college, she interned at Mount Desert Island Biological Laboratory in Salsbury Cove, Maine, studying the nervous system of a small marine animal. Before working on the INSPIRE study, Kaitlin worked as lab manager/research assistant in the Cancer Biology Department at Vanderbilt for three years. Kaitlin loves spending time with her boyfriend, Dallas, and her dog, Bean.

We interviewed Sara and Kaitlin to let you know what they do and why.

~ INSPIRE: What kind of work do you do in the INSPIRE lab?

~ Kaitlin: Sara and I receive, organize, process, and store all of the samples collected from the children by the nurses. Every day there are several courier deliveries of the samples from all the clinics involved in the study, as well as some from the homes of the families. Since the nurses have done such an awesome job enrolling more and more infants, we have an increasing number of samples coming into the lab for processing. So, it's always a busy and fulfilling day.

~ INSPIRE: How exactly does your work relate to the children participating in this study?

~ Sara: The samples are so important. They are a way for us to learn about respiratory viruses and the way children respond to them so that we can learn how to more effectively treat and prevent diseases.

~ INSPIRE: What is your favorite part about being an INSPIRE lab researcher?

~ Kaitlin: My favorite part is getting to see the whole process of the study. Seeing the thought and time taken in conceptualizing the study, learning about the nurses' work with the children and parents, processing the samples, and planning for the future of the study are all things that make my job really satisfying.

~ INSPIRE: What is inspiring about INSPIRE?

~ Sara: It is the hope that the information gained from the samples collected will help us gain an understanding of how colds in the first year of life are related to later childhood health and that information can be used to help children in the future.

Take a look at our  
INSPIRE  
community!



INSPIRE Nurse Lina  
as our INSPIRE Mom

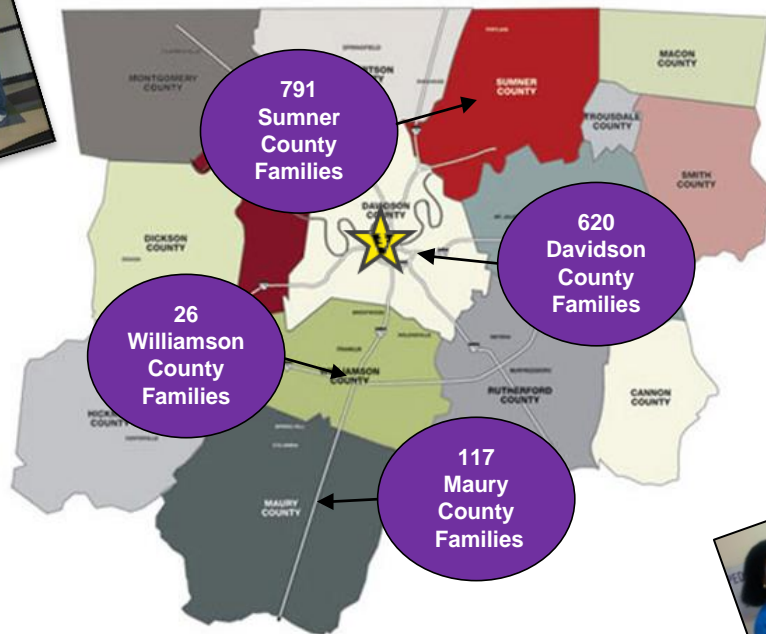


Dr. Peterson (lft)  
at Goodlettsville  
Pediatrics and  
INSPIRE Nurse  
Anca (rt) on  
Halloween



Nurse Anca with  
study baby

## INSPIRE STUDY Family Enrollment by County



Enrollment as of  
December 18, 2013



Rivergate Pediatrics  
Doctors and Staff  
at Halloween



INSPIRE Study Team  
processing samples  
in the lab



INSPIRE Nurses  
Stephanie (lft) & Keri (rt)  
with samples on the  
way to the lab  
for processing

Lehney at Vanderbilt  
Doctor's Office Towers



Vennay (lft) and Deloris (rt)  
in Vanderbilt PCRC



Columbia Pediatrics staff  
and INSPIRE Nurses  
April (lft) and Lora (rt) (bottom)



INSPIRE  
Nurse Stephanie  
with study baby



Vanderbilt INSPIRE  
Study Team





If you enrolled your baby in INSPIRE between June 1, 2013, and December 31, 2013, you will continue to receive a new Two Week Follow-Up Survey every two weeks through March so you can let us know your baby's health status.

Between surveys, if your infant has ANY signs of a cold, such as runny or snotty nose, congestion, fever, cough, wheezing, or other cold symptoms, please call the INSPIRE study team.



### HOW TO CONTACT US

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