

There is always something to learn from a baby.

Understanding Children's Health  
Through Research



A mom's hug lasts long  
after she lets go.



VANDERBILT



School of Medicine

Will your baby  
be born between  
June and  
December  
of this year?

Researchers  
at  
Vanderbilt  
University  
are  
conducting  
a study  
designed to  
help  
understand  
how colds  
impact  
future  
childhood  
health



PREGNANT WOMEN AND MOTHERS OF NEW INFANTS  
ARE ENCOURAGED TO CALL

6/29/2012

**Ten tiny little fingers that always want to play, that never stop exploring the wonder of today,  
Ten tiny little fingers that from the very start, will reach out for tomorrow, yet always hold your heart.** *Unknown*

## PURPOSE OF STUDY

The INSPIRE study is a 3-4 year study designed to help understand how respiratory infections (colds) in the first year of life impact future childhood health.

## WHO SHOULD PARTICIPATE?

- Infants born between June 1 and December 31 of this year
- Babies born when mother was at least 37 weeks pregnant
- Available for introductory visit, follow-up visits during your baby's first "cold and flu" season, and healthy well-child contacts up to age 4 years

## WHAT TO EXPECT

### BASELINE VISIT (1 HOUR)

At your first visit, we will ask you questions about your and your baby's health, as well as diet, medical, social and developmental history, family medical history and home exposures. A urine sample will be collected from your baby.

### TELEPHONE CALLS

During "cold and flu" season of your baby's first year of life, we will contact you approximately every two weeks by telephone to ask you brief questions about your baby's health since our last contact. If your baby has a respiratory infection (cold), we will arrange a visit with one of our study nurses.



## RESPIRATORY INFECTION (COLD) VISIT(S)

At each sign or symptom of a cold, such as a runny nose, congestion, fever, coughing, or wheezing, we would like to see your baby for a brief research visit. We want to see your child for every cold, from mild to severe, during his or her first "cold and flu" season.

## ANNUAL WELL-CHILD CONTACTS

Around the time of your child's birthday, we will contact you by telephone or in person.

- **1<sup>st</sup> Year Study Nurse Visit**  
At the 1-year visit, we will collect a small blood sample (1 teaspoon) from your baby and ask you a few questions.
- **2<sup>nd</sup> Year Phone Questionnaire**  
We will contact you by telephone to ask questions about your child's health.
- **3<sup>rd</sup> Year Study Clinic Visit**  
At the 3-year visit, we will perform allergy skin testing on your child and ask questions about your child's health. You will be given the allergy test results.
- **4<sup>th</sup> Year Phone Questionnaire**  
We will contact you by telephone to ask questions about your child's health.

## COMPENSATION FOR PARTICIPATION

Study participants will be compensated up to \$250.

## TO GET MORE INFORMATION OR TO VOLUNTEER

- Contact the INSPIRE study team for more information.
- Phone: 615-875-BABY (2229)
  - E-mail: [VanderbiltINSPIRE@vanderbilt.edu](mailto:VanderbiltINSPIRE@vanderbilt.edu)
  - Website: [my.vanderbilt.edu/inspire/](http://my.vanderbilt.edu/inspire/)

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Phone: 615-875-BABY (2229)  
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Website: [my.vanderbilt.edu/inspire/](http://my.vanderbilt.edu/inspire/)



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**A little child enters your life and fills a special place in  
your heart.**

Detach to use as bookmark.