



Newsletter

Spring Issue

May 2015

Hello Spring!

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Finally, the sun is out and the trees are in bloom! Welcome to the spring edition of the Asthma in the Lives of Families Today (ALOFT) study's newsletter. The following message is from Dr. Richard Slatcher, the lead (Principal Investigator) of the Study.

This has been a great and productive year for the ALOFT study! There are nearly 200 families participating in the project and most of you continue to be involved through recent waves of data collection (1-year and 2-year follow ups). We have lots of important findings already from the study that we are publishing and presenting at research conferences—findings that we very much hope will help improve the lives of young people with asthma (please go to richslatcher.com for more details about recent ALOFT research findings).



Thank you so much for participating in ALOFT. We hope that you have had a good experience so far and that you continue to be involved as we look ahead toward continuing the study in the years to come.

*With many thanks,
Rich Slatcher*

Asthma Tips

Sometimes heartburn can make your asthma worse. For many people, stomach acid travels up the esophagus and if it goes up enough, it can also irritate the lungs. Here are a few tips on how to control this trigger:

- Raise the head of your bed up on six inch blocks or use an extra pillow or to elevate the head - gravity will help keep the stomach contents down
- Avoid eating foods that can increase the amount of acid in your stomach, like fatty food or spices
- Loosing weight can help you control reflux symptoms

Adapted from the Asthma Initiative of Michigan (AIM). Visit www.getastmahelp.org for more tips on heartburn and asthma

Progress Report

Since the Start of the Study in 2010:

- 196 families have complete data from the first visit (this wave of data collection is complete!)
- 126 families have complete data from the one-year follow-up visit
- 62 families have complete data from the two-year follow-up visit

Contact Information

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Asthma in the Lives of Families Today

We are on the web!

www.richslatcher.com/Asthmastudy/

Where to Find the Latest Results

Many families have asked if they can see the results of the study once we are finished collecting data. The answer is

Yes, absolutely!

The easiest way for us to share our results is to post them on the website: <http://www.richslatcher.com/papers/>. We will post any future press releases or journal articles based on ALOFT data. Please keep in mind that all of our publications will be based on averaged data; your individual responses will never be revealed.

Update your Contact Information

We appreciate your ongoing participation in the study and don't want to lose track of you!

Please keep us updated on any changes in your address or phone number. You can call the lab at 313-577-3334 or email us at aloftstudy@gmail.com

Principal Investigator: Richard Slatcher, Ph.D.
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Erin received a BS in neuroscience from the University of Michigan (Ann Arbor) and an MS in medical science from Loyola University Chicago. Her primary research interests are how stress influences physical health and family relationships.

What are your plans after you graduate?

Next year, I will be completing my clinical internship at the John D. Dingell VA Medical Center where I will provide evaluations and interventions for medical patients to promote physical and psychological health. Additionally, as a health psychology intern, I will work on many integrated care teams to aide in health behavior change and research associated with patient outcomes.

Meet our Investigators and Research Staff

Erin Tobin

Graduate Student Research Assistant

Following internship, I hope to obtain a post-doctoral fellowship in clinical health psychology and continue to work in an integrated medical center to improve patient health and satisfaction.

What do you enjoy most about working in the ALOFT study?

As a team member that has been part of the study from the beginning, I have loved getting to know all of our valued study participants. Making connections with individuals from different communities has broadened my understanding of asthma management and health but also the unique aspects of growing up in today's world. I also consider myself very lucky to have worked with such a great team across the past five years, full of dedicated individuals who care deeply about the study.

What do you enjoy most about summers in Detroit?

Having grown up in a Detroit Suburb, I have always enjoyed attending Tigers games, going to the Detroit Zoo, making trips to Eastern Market, and going for walks along Lake St. Clair. I also love playing almost any sport and am currently playing in a few recreational sports leagues, including beach volleyball and softball.