



Newsletter

Spring Issue

May 2016

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 exercise can make your asthma worse. For many people, exercising hard enough may cause shortness of breath. Here are a few tips on how to prevent asthma symptoms during exercise:

- Start with a warm up period of light activity before any harder exercise
- Avoid exercising in cold and dry air
- Avoid exercise when other triggers, such as respiratory infections, smoke, or high pollen can cause more trouble breathing

The goal is to be able to exercise without symptoms. Most people with asthma can take part fully in sports or be as active as they would like to be. They need to work with their health care provider and follow their Asthma Action Plan to be able to do this.

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!)
- 161 families have complete data from the one-year follow-up visit
- 125 families have complete data from the two-year follow-up visit

Contact Information

Wayne State University
Department of Psychology
5057 Woodward Ave, Suite 7908
Detroit, MI 48202

Phone: 313-577-3334
E-mail: aloftstudy@gmail.com

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!

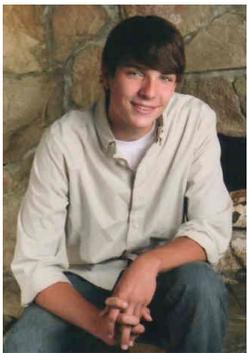
The easiest way for us to share our results is to post them on the website: <http://www.richslatcher.com/papers/>. We will post any future press releases or journal articles based on ALOFT data. Please keep in mind that all of our publications will be based on averaged data; your individual responses 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](tel:313-577-3334) or email us at aloftstudy@gmail.com

Principal Investigator: Richard Slatcher, Ph.D.
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Nick Johnson grew up in Macomb Township. He moved to Detroit in 2012 and graduated from Wayne State University in 2015. He loves to bake and read science fiction and is most excited for the warm weather and the start of BBQ season!

What are your plans after you graduate?

This fall I will be attending the University of Michigan to pursue a Master's Degree in Social work and Public Policy. I want to continue working in the field of health and mental health when I graduate. I believe that the state of Michigan needs to overhaul the way that it provides social services, to better serve the people of Michigan, and I want to be a positive part of that change

Meet our Investigators and Research Staff

Nick Johnson

Senior Research Assistant

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

Working on ALOFT has helped me better understand the whole metro Detroit region and has given me the opportunity to meet with people from all walks of life. Last spring I was able to travel to New York city to present data from the ALOFT study at a conference. It was an amazing experience and I was able to learn so much from other researchers attending the conference while also spreading the word about our project and awareness. During the summer months I worked with Summer in the City, a Detroit based non-profit that works with communities and volunteers to put on a free summer camp for kids in Detroit.

What do you enjoy most about summers in Detroit?

I love living in Detroit and I have come to call this city my home. I love biking around the city and meeting new people from all of the city's neighborhoods. This Summer, I will be installing a new garden and green house in southwest Detroit. I am really excited to be able to grow vegetables with the elementary students that live on my street. I also love Summer in the City's Finale Friday! It's a huge carnival that Summer in the City hosts every August. There are bounce houses, a petting zoo, and tons of games and everyone in the neighborhood comes out!