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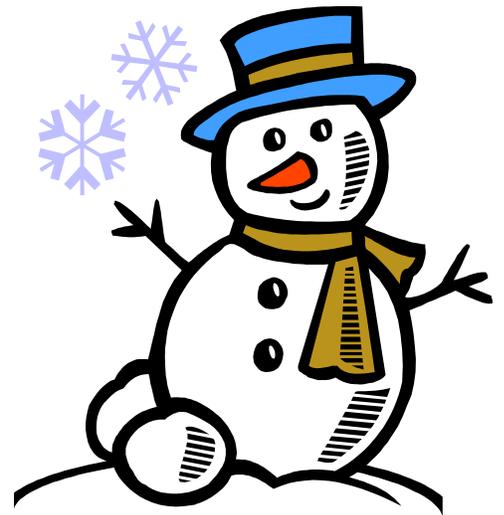
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## Happy Holidays!

Welcome to the first edition of the Asthma in the Lives of Families Today (ALOFT) study's newsletter. In the coming months we will provide you study progress updates, the latest study results, investigator and research staff introductions, and helpful asthma tips. We sincerely thank you for your continued participation in the study! It is instrumental in helping us understand the links between everyday family life and asthma. Finally, we want to wish you and your families a happy holiday season!



## Winter Asthma Tip

Did you know that the cold winter air can trigger an asthma attack?

### Steps to help prevent an attack from the cold

- Wear a scarf or mask over your mouth and nose in cold weather.
- Dress warmly in the winter and on windy days
- Pull a turtleneck over your nose on cold or windy days
- Keep track of the daily local weather
- Limit outdoor exposure in the very cold

Adapted from the Asthma Initiative of Michigan (AIM) [www.getastmahelp.org](http://www.getastmahelp.org)

## Progress Report

### Since the start of the study in 2010:

172 families were eligible to participate in the study

91 families have consented to participate in the study

84 families have complete data from the first visit

9 families have complete data from the one-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/](http://www.richslatcher.com/Asthmastudy/)

### Principle Investigator:

Richard Slatcher, PhD

### Supported by:

National Heart, Lung, and Blood  
Institute (R01HL114097)

## 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](mailto:aloftstudy@gmail.com)



Dan Saleh is the Close Relationships Laboratory Lab Manager and the Project Coordinator for the ALOFT study. He received his BA in Psychology from Wayne State University. Dan is a true Detroit. He grew up right here in the metro-Detroit area in Dearborn, MI and he currently resides in Corktown.

We asked Dan a few questions about Detroit, working on the study and the holidays.

### How do you like living in Detroit?

I like Detroit because compared to other major cities it is a relatively

## Meet our Investigators and Research Staff

Dan Saleh

Project Coordinator

quiet city and the people are friendly .

### What has been your experience working on the study?

I've been working in the city and with families since 2009. I discovered that I enjoy connecting with people. I enjoy witnessing the positive effects of people and their families realizing their own voices, telling their stories to us, and being listened to.

### What is your favorite part of the holiday season?

I like ham, and that my friends from out of state are coming back home.



Dan Saleh