



Asthma in the
Lives of Families Today

Newsletter

Summer Issue

June 1, 2013

Inside this Issue

Welcome 1

Progress Report 1

Asthma Tips 1

Meet the Research 2
Staff

Contact Information 2

Summer is Here!

After a long Detroit winter, warmer weather has finally arrived! Welcome to the second edition of the Asthma in the Lives of Families Today (ALOFT) study's newsletter. We sincerely thank you for your continued participation in the study! We really enjoy seeing you again at your follow-up visits. It is instrumental in helping us understand the links between everyday family life and asthma. We hope you and your family enjoy the warm weather and the summer!



Summer Asthma Tips

Exercise is a common trigger for people with asthma and with the arrival of warmer weather it is fun to be outside. How can you exercise safely?

Preventing asthma symptoms with exercise?

- Warm-up first with a light activity before more difficult activity (e.g., try walking for a little while before running)
- Cool down after exercising (e.g., walking a little after running too!)
- Avoid other triggers while exercising (e.g., high pollen count, smoke, pollution, mold, cold air)
- **Work out a plan for exercising with your doctor** which might include taking your medication 20-30 minutes before beginning exercise

Adapted from the Asthma Initiative of Michigan (AIM)

www.getastmahelp.org

Progress Report

Since the start of the study in 2010:

423 families were screened for study eligibility

202 families were eligible to participate in the study

104 families consented to participate in the study

97 families have complete data from the first visit

29 families have complete data from the one-year follow-up visit

Contact Information

Wayne State University
Department of Psychology
5057 Woodward Ave, Suite 5300
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/](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



Aaron Sedlar is a Close Relationships Laboratory research assistant who joined the lab in May of 2011. He is a native to the Detroit area and grew up in Canton, MI. He recently graduated this May from Wayne State with a degree in psychology. Aaron will be moving to Bowling Green in the fall to attend graduate school and is interested in studying adolescent and family interactions.

We asked Aaron a few questions about his experiences working on the ALOFT study and the summer.

What do you like most about working on the ALOFT study?

Meet our Investigators and Research Staff

Aaron Sedlar

Research Assistant

My favorite part of the study is working with the families and hearing their stories of living in the greater Detroit area.

What are you going to miss the most about Detroit?

I am going to miss all of the exciting things to do in Detroit like going to the DIA and the Detroit zoo. There is so much to do!

What is your favorite part of the summer?

My favorite part of the summer is going to the lake and spending time with my fiancé Emily.



Aaron Sedlar