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Summer is Here!

The polar vortex is gone and warmer weather has finally arrived! Welcome to the summer edition of the Asthma in the Lives of Families Today (ALOFT) study's newsletter. The following message is from Dr. Richard Slatcher, the lead (Principle Investigator) of the study.

I would like to thank all of the wonderful families who are taking part in the ALOFT study. You are what this study is all about and I know our project staff are really enjoying working with you and getting to know you. I sincerely hope that you have had and continue to have a



positive experience participating in the study, for which I am personally very grateful!

*Learn more about Dr. Slatcher on p. 2 of this issue

Asthma Tips

Dust mites, tiny creatures that can't be seen without a microscope are a common asthma trigger. How can you limit your exposure to them?

Limiting exposure to dust mites

- Dust weekly
- Wash bed covers and clothes weekly in very hot water (130 degrees F)
- Clean up your bedroom!
- Put your mattress in an airtight allergy proof or plastic cover and wipe that cover with a damp wipe weekly
- Wash stuffed toys and animals weekly or leave them in the freezer overnight

Adapted from the Asthma Initiative of Michigan (AIM). Please see www.getasthmahelp.org for more tips on reducing exposure to dust mites

Progress Report

Since the start of the study in 2010:

797 families were screened for study eligibility

356 families were eligible to participate in the study

200 families consented to participate in the study

186 families have complete data from the first visit (this wave of data collection is complete!)

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

25 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/](http://www.richslatcher.com/Asthmastudy/)

Principle Investigator:

Richard Slatcher, PhD

Supported by:

National Heart, Lung, and Blood
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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



Dr. Slatcher joined the faculty in the department of psychology at Wayne State in 2009. He received his undergraduate degree from the University of Richmond and his Ph.D. from the University of Texas at Austin. He was also a NIMH postdoctoral fellow in Health Psychology at UCLA.

What do you like most about living in Detroit?

Living here the past 5 years has been an exciting experience. Despite the issues with bankruptcy and the negative national press, I have seen tons of changes in Detroit--almost all for the better. It is a great sports town (Eat 'em up, Tigers!), friendly and down-to-earth people, excellent restaurants, and jazz clubs.

Meet our Investigators and Research Staff

Dr. Richard Slatcher Principle Investigator

Why are you interested in learning about families affected by asthma?

Asthma--more than almost any other chronic health conditions--is affected strongly by what goes on in the family. As a health psychologist interested in how social relationships impact health, I can't think of a more appropriate disease to study. It is my hope and belief that the findings from our study will inform how we can help youth with asthma live healthier and happier lives, in Detroit and beyond.

Tell us a fun fact about yourself?

I did not always know that I wanted to be a psychologist. Initially, I planned to



be an art historian and, for two years, worked at the National Gallery of Art in Washington, D.C. Although I changed fields, I still love art with a passion and get to the DIA with my family as often as possible. It is such a gem of Detroit!