

INSPIRE Study Newsletter



The INSPIRE Study - You're a Part of This

by Tina Hartert, MD, MPH, Lead Scientist

We are sending this newsletter, along with our holiday greetings, to thank you for working together with us to make a difference in the health of infants and children.

Researchers at Vanderbilt, in partnership with other researchers around the United States, are studying the role of infant "colds" (respiratory illnesses) on later childhood health. Some of the questions the INSPIRE study will answer include: 1) Do infant colds help the immune system? 2) Why do some infants with a cold get sicker than others? 3) Do infant colds have any long-term impact on children? 4) What is special about these viruses that can help us protect future babies from getting ill?

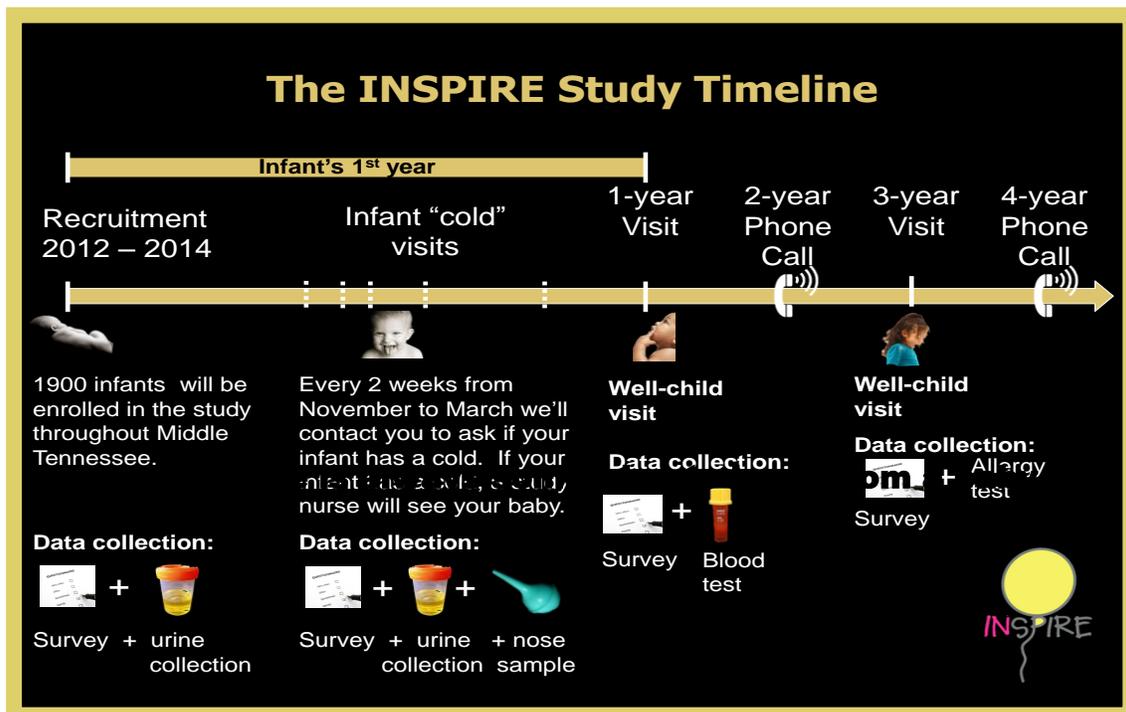
To date over 550 families from

the Middle Tennessee area have participated in this study, and more infants are being enrolled each day. We are happy to learn about your growing babies when they return for "cold" visits and their annual follow-up visits or from your phone contacts with us. Please know that these follow-ups are also very important to the study. The INSPIRE study timeline is shown below.

We plan to present preliminary results of the study at an International Scientific conference each year. It will still be several years until the study is completed. We will update you annually about the discoveries being made.

THANK YOU for joining us in this important search for discoveries to improve children's health!

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MEET OUR NURSES



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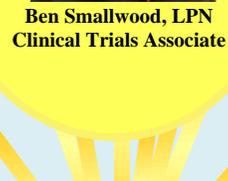
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Frequently Asked Questions

● WHAT IS RSV?

RSV is the most common cause of bronchiolitis (inflammation of the small airways in the lung) and pneumonia in children under one year of age in the United States. Each year, 75,000 to 125,000 children in this age group are hospitalized due to RSV infection. Almost all children are infected with the virus by their second birthday, but only a small percentage develops severe disease.

● WHAT ARE THE SYMPTOMS OF RSV?

Symptoms of RSV are similar to other respiratory infections. A person with an RSV infection might cough, sneeze, have a runny nose, a fever, and a decrease in appetite. Wheezing may also occur. In very young infants, irritability, decreased activity, and breathing difficulties may be the only symptoms of infection. Most otherwise healthy infants infected with RSV do not need to be hospitalized. For those who need hospitalization, it usually lasts a few days in most cases. Recovery from illness generally occurs in about one to two weeks.

● WHEN IS THE RISK FOR INFECTION THE GREATEST?

RSV infections generally occur in the United States from November to April. However, the timing of the season may differ among locations and from year to year.

● HOW IS RSV SPREAD?

RSV can be spread when an infected person coughs or sneezes into the air. This sends virus-containing droplets into the air. These droplets can infect other people if the droplets come in contact with their mouths, noses, or eyes, or if they are inhaled.

Infection can also result from direct and indirect contact with nasal or oral secretions from infected persons. Direct contact with the virus can occur by kissing the face of a child with RSV. Indirect contact can occur if the virus gets on a surface, such as a doorknob, that is then touched by others. Direct and indirect transmissions of the virus usually occur when people touch an infectious secretion and then rub their eyes or noses.

● HOW CAN RSV INFECTION BE PREVENTED?

Researchers are working to develop RSV prevention methods, but none is yet available. However, there are steps one can take to help prevent the spread of RSV. Specifically, people who have cold-like symptoms should

- Cover their coughs and sneezes
- Wash their hands frequently and correctly (with soap and water for 15–20 seconds)
- Avoid sharing cups and eating utensils
- Refrain from kissing others.

In addition, cleaning contaminated surfaces (such as doorknobs) may help stop the spread of RSV.

American Academy of Pediatrics. Respiratory Syncytial Virus. In: Pickering LK, Baker CJ, Kimberlin DW, Long SS, eds. *Red Book: 2009 Report of the Committee on Infectious Diseases*. 28th ed. Elk Grove Village, IL: American Academy of Pediatrics; 2009.

INSPIRE STUDY TEAM

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A little child enters your life and fills a special place in your heart.

A place you never knew was empty. *Unknown*



*Warmest Holiday Wishes to You and Your Family
May you all enjoy good health in the New Year –
from the youngest of babies to the oldest children at heart.*

You will continue to receive a new Two Week Follow-up survey every two weeks through March so you can let us know your baby's health status. Between surveys, if your infant has ANY signs of a cold, such as runny or snotty nose, congestion, fever, cough, wheezing or other cold symptoms, please call the INSPIRE study team.

HOW TO CONTACT US

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Teresa Chipps, BS, Editor