



Newsletter

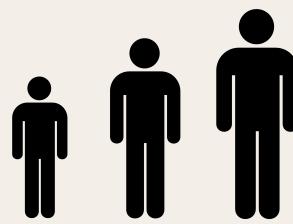
Spring 2019

CHIME STUDY PROGRESS

2,181

Completed Interviews

Participant Ages



83%

In-Person Visit
Completion

96%

Interview
Completion

IN DEPTH: SEASONAL POLLEN ALLERGIES

Each year as winter turns to spring, some children experience seasonal pollen allergies that are sometimes called “hay fever” or “allergic rhinitis.” Seasonal pollen allergies occur when the immune system releases chemicals like histamine into the bloodstream in response to pollen or mold spores. The symptoms of seasonal allergies include sneezing; itchy, red, and/or watery eyes; a scratchy throat; a runny nose; and nasal congestion. In a small subset of children, seasonal allergies can even trigger additional respiratory problems, such as worsened asthma.

About 15% of children develop seasonal pollen allergies, and they typically affect children once they are 2 years old or older. Antihistamines are the standard treatment for seasonal allergies—they relieve symptoms by working against the chemicals that cause hay fever. Many allergy medications are approved for use in young infants and are often enough for managing seasonal allergies, but other treatment options include: saline nose drops (to wash out pollen and loosen mucus) and taking a shower (to clean pollen off the face, eyes, and body). You may wish to consult your child’s primary care doctor if your child has these symptoms but has never been diagnosed with seasonal pollen allergies or hay fever, if the allergy medicines do not seem to help, or if you have any questions or concerns.

To learn more about seasonal allergies, click [here](#) or [here](#)!



CONTACT US!

Do you have any questions about the CHIME Study? Did you recently move, or change your phone number or e-mail? Please let us know so we can stay in touch. Call or e-mail us anytime!

855-91-CHIME (24463) | chimestudy@partners.org | www.chimestudy.org

GET TO KNOW: MICHELLE ODONKOR

Michelle joined the CHIME Study team last summer as a clinical research coordinator. Her responsibilities include conducting phone interviews for the study and sending out gifts to participating children. She graduated from Harvard University in 2018 with a major in Human Developmental & Regenerative Biology and a minor in Global Health & Health Policy, and she plans to start medical school this Fall.

Q: What is one thing you have learned from working on the CHIME Study?

I have learned a lot about the complexity of respiratory health. We ask some very specific questions in the CHIME Study, and it is not always apparent what those questions will teach us about respiratory symptoms. However, there are many ways that commonplace activities, like swimming in a chlorinated pool or eating yogurt, could potentially affect respiratory health. My favorite thing about the CHIME Study is that because of parents like you, we can collect a lot of different data and test several unique theories. And when we test those theories, we may be able to put them all together to better predict who is more or less likely to develop asthma.



Q: Why do you think the CHIME Study is important?

While a lot of progress has been made in understanding how to treat respiratory conditions when they arise, there is still a lot we do not yet know about what causes them. I think the CHIME Study is playing a very important role as we transition to the prevention of respiratory health problems. By understanding how various biological, social, and environmental factors affect respiratory health, we hope to help prevent children from experiencing breathing problems like wheezing and asthma. The CHIME Study asks a lot of tough questions—thank you for helping us try to find answers!

Q: What is a fun fact about you?

I have a black belt in Tae Kwon Do. I started martial arts when I was in 2nd grade. Tae Kwon Do is a very practical way to stay in shape, and it taught me a lot about self-discipline and self-awareness.

Did you know?

Did you know that the CHIME Study has 5 hospital sites? Our study participants were enrolled through pediatric practices affiliated with Boston Children's Hospital, University of Louisville Physicians, Children's Hospital of Philadelphia, Phoenix Children's Hospital, and Massachusetts General Hospital. CHIME Study participants live all over the country! While most of the children in the CHIME Study are about 1-2 years old, there are also several older children who are 5-6 years old. This is because we enrolled infants for the study at two different time points. The first group was enrolled from 2013 to 2014 from Massachusetts General Hospital, while the next group was enrolled in 2017 from the other hospital sites. Now there are over 680 children active in the CHIME Study!



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Boston
Children's
Hospital
Until every child is well™

