



CHIME STUDY UPDATES

Thank you for your continued participation in the CHIME Study! Our team is currently making follow-up calls, and many sites are conducting the 6-year in person exams. If you have not already scheduled your child's exam and would like to do so, feel free to reach out to us! One of our coordinating sites may also reach out to help schedule this exam.

The 6-year exam will be very similar to the 3-year exam. A clinician will listen to your child's lungs, look at your child's skin, look in your child's nose, do a nasal and mouth swab, and do another blood draw as well as a pulmonary function test (PFT). A pulmonary function test measures how much air your child inhales and exhales, and it can provide information on how your child's lungs work.

The visit is expected to take about 1 to 1.5 hours, and we will pay for your time, travel, and participation. If you have any questions, please let us know!

IN DEPTH: RESPIRATORY SYNCYTIAL VIRUS

You've probably been hearing a lot about viruses lately. In this "In-Depth" segment, we'll tell you a little bit more about one of the biggest culprits of respiratory infections in children—a virus called Respiratory Syncytial Virus or RSV.

You may have been hearing talk about RSV recently or seen a segment about it on the news. That's because as we enter the late fall and winter months, there has been a spike in RSV cases in many states. RSV is part of a family of viruses that includes those that cause measles, mumps, and parainfluenza. Like its virus relatives, RSV spreads by using healthy living cells to copy itself, destroying those healthy cells once it has used them. When RSV infects older children or young adults, the symptoms are similar to those of the common cold. But in very young children (less than 2 years old), older adults (65+ years old), or those with a weak immune system, RSV can cause severe illnesses. In children less than 2 years, RSV infection of the lungs is called bronchiolitis. According to the Centers for Disease Control and Prevention (CDC), RSV is the leading cause of hospitalization in children younger than one year old, with about 100,000 children hospitalized with RSV-bronchiolitis every year. RSV can be spread through the air or by direct contact, and it can live on hard surfaces (like door knobs) for hours. Given how tough RSV is, and given how many different strains, or types, of RSV exist, it's not surprising that most children will have been infected with RSV by the age of two years.

Hospitals are currently seeing an earlier spike in RSV cases compared to most years. Although the reason for this early spike is unclear, it may be due to the various safety practices we have been following for the past 2 years to prevent COVID. While most children typically catch RSV by the time they are 5 years old, many children were not exposed to this virus for the past couple of years leading to a much larger number of vulnerable children than we usually see. Fortunately, most cases of RSV resolve on their own and children typically do well clearing the virus.

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!

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GET TO KNOW: CHRIS JASINSKI

Chris is a Clinical Research Coordinator at Massachusetts General Hospital from Natick, Massachusetts. He enjoys working in Boston and getting to speak with CHIME Study families through follow-up calls. Chris graduated from the University of Massachusetts Amherst in 2021 having majored in Public Health Sciences. He plans to get a Master's in Public Health degree one day and eventually work for the Centers for Disease Control and Prevention (CDC). Chris hopes that his work on the CHIME Study will not only help improve child health now, but also will help prepare him to improve child health outcomes during his future public health work. When he's not working, Chris enjoys walking his dog and playing pick-up soccer with friends. He looks forward to speaking with you during your next follow-up call!



TOILET PAPER PENGUIN

Have your child use child-safe scissors to cut black, white and orange construction paper into the shapes you see below. Next, use a glue stick to glue the shapes onto an empty roll of toilet paper to complete your new friend!

What you will need: Toilet paper roll, black, white, and orange construction paper, scissors, and a glue stick.



Whatever your child's age, the Coordinating Center staff will be calling you to learn more about your child's health. These calls typically take about 5 to 15 minutes. We look forward to talking with you!