



## CHIME STUDY UPDATES

We continue to schedule participants for our age 6-year in-person visits! Thank you so much to the families who already participated!

If you haven't completed in the in-person visit, here is what you can expect:

This is the last study visit! Just like the age 3-year visits, a clinician will take your child's vital signs (such as blood pressure and temperature), measure height and weight, listen to their lungs, examine their skin for rashes, ask you about their skin health, look inside their nose, do a nasal and saliva swab, and do a blood draw. There will also be two breathing tests: one will measure for airway inflammation and the other will measure how well your child's lungs are working. This paid visit will last about 1-1.5 hours. During the visit, we will also give you a kit to collect your child's stool at home.

## Visits Completed



## IN DEPTH: STOOL AND GUT MICROBIOTA

Have you ever wondered why we ask you to collect a stool sample? Stool samples contain important information about the microbiome, a term used by scientists to describe organisms like bacteria that cannot be seen with the naked eye. Although we typically associate bacteria with illnesses, microbes with both positive and negative effects on our health are located throughout our body, including our intestines.

Collectively, microbes in our digestive system are called the gut microbiota, containing tens of trillions of different microorganisms. One-third of microbes in our gut are shared by most people, but the rest are unique to each person. The gut microbiota has important functions in the body, including digestion and the immune system, but it may also have connections to many diseases, including infant bronchiolitis and childhood asthma.

Stool contains some of the microbes living in each person's gut and stool samples provide a glimpse into an individual's unique microbes. Furthermore, the gut microbiota changes over time, so collecting stool samples over time can help us track these changes. Studying stool samples, which you can collect using kits sent by the CHIME Study, will help us connect specific microbes living in the gut to childhood illnesses.

We are so thankful to the many participants that have returned stool samples to us, and we look forward to receiving your samples in the future! Please reach out to our CHIME Study coordinators at 855-91-CHIME(24463) or [chimestudy@partners.org](mailto:chimestudy@partners.org) if you have any questions.

## 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!

## GET TO KNOW: DAPHNEE PIOUS



Daphnee is a Clinical Research Coordinator at Massachusetts General Hospital; she is originally from Wayland, Massachusetts. Since joining the team in June 2022, Daphnee has thoroughly enjoyed working on the CHIME Study! While there are many parts of her role that Daphnee enjoys - including medical record review and follow-up telephone interviews - her favorite part is doing virtual and in-person research exams and getting the chance to connect with enrolled families face-to-face. Daphnee graduated from Harvard College in 2022 majoring in Human Evolutionary Biology with a minor in Ethnicity, Migration, and Rights. Daphnee hopes to continue her work in the medical field and plans to apply to medical school. Daphnee hopes to work in pediatrics and knows that her work on the CHIME Study will heavily inform her career. Outside of work, Daphnee loves going to Pilates classes, reading, and spending time with friends. She looks forward to speaking with you during your next follow-up call or during an exam!

## RAINDROP SUNCATCHERS

This is a great rainy day activity. Start by having your child gather crayons of all shades of blue from a crayon box. Together, peel off some or all of the crayon paper off the crayons. Lay out a piece of wax paper. With a pencil sharpener, help your child sharpen the peeled crayons letting the shavings fall onto the wax paper. As you sharpen, spread the shavings around to take up space on the wax paper. Once the shavings have been spread evenly across the paper, lay an equally sized piece of wax paper on top. Adult use only: use an iron on the lowest setting directly on top of the wax paper to melt the crayon shavings - it only takes a quick swipe of the iron to do this, the wax will melt and cool quickly. Next, you and your child can draw raindrop shapes on the paper and cut them out using child-safe scissors. Use a hole puncher and string to hang them up for display!

What you will need: Blue crayons, pencil sharpener, wax paper, marker, scissors, hole puncher, string, and iron (for adult use only)



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!