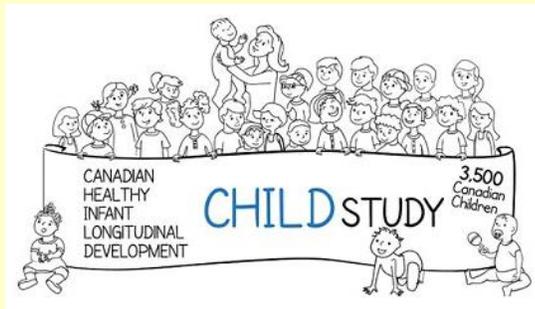


CHILD STUDY VANCOUVER



www.canadianchildstudy.ca

Update–Vancouver Site



Take a look at this [new video](#) about how the CHILD Study is helping researchers discover the root causes of allergies, asthma and chronic disease!

We will be nearing completion of the 3 Year Visits this summer, and started the 5 Year General Cohort Visits in October which will finish in 2017. The majority of five year-olds are completing all aspects of the visit, including: spirometry testing, which measures the amount of air that can be forcefully exhaled from the lungs. Staff provide age-appropriate explanations with demonstrations and computer games, and we've found children are very keen to try it out!

STUDY STATISTICS

Total Number of Participants	700
Completed 3 Year Visits (by this summer!)	90%
Current completed 5 Year Clinic Visits	15%
Current Retention Rate (all families)	91%
Relocated Families but Still Participating	16.5%
Number of Families We Appreciate	100%



Minimizing Discomfort with Invasive Procedures in Research

Blood collection: Blood collection provides extremely valuable data in assessing genetic and environmental factors contributing to health, and we value the importance of minimizing discomfort with invasive procedures. We are utilizing some of the most up-to-date pain management techniques to provide an optimal experience for you and your child, including:

Ametop: A topical numbing “magic” cream shown to be effective in [recent studies](#).

Organic Lollipops (with parents' permission): A recent [study](#) shows giving infants sugar water during painful procedures reduced levels of the stress hormone cortisol.

Distraction techniques: We offer a variety of distraction such as TV shows in the lab and temporary tattoos.

Preparation: Before your visit watch [this video](#), which includes information about how to make blood draws easier for both parents and children.

The Importance of Data and Your Participation

Although we know completing those questionnaires can be time consuming, they are the best way to collect time sensitive data about your family as it grows and changes. THANK YOU, as this information is of great importance! This data and your participation in the CHILD study is greatly appreciated, and the importance is becoming more evident, as seen in the following published findings and awards:

CHILD study Published Findings on:

- [The Environment](#)
- [Pollution](#)
- [Food Sensitivities and Gut Microbiota](#)
- [Food Allergies](#)

CHILD study Awards:

- Dr Sears honored with [Award](#) for Leadership in Health Research
- ["The Allergy Fix"](#), an episode of CBC's 'The Nature of Things' has won the Science in Society Journalism Award from the Canadian Science Writers' Association.

What does that rash mean? Keratosis pilaris vs. eczema

	KERATOSIS PILARIS – (ker-uh-TOE-siss-pill-AIR-iss), sometimes called “chicken skin”	ECZEMA –From the Greek word for “weeping skin”
What is it?	Small, rough, pink bumps that usually aren't itchy or uncomfortable.	Red, dry, scaly rash may itch and bleed.
Where is it found?	Outer areas of the upper arms, thighs and cheeks.	Inner bends of the elbows or knees, hands, feet, neck and face.
Infectious?	No.	No, unless secondary infections occur.
Treatable?	Moisturizing after exfoliating.	Moisturizers after bathing and steroid creams.
Cause?	A plug of dead skin cells that forms around a hair follicle, often worse in winter.	None known, though genetics and environment are influential.



“One of the best parts of my job is watching each child grow from a beautiful baby into a fabulous five year old!”–Linda Warner, BSN, CCRP



Lovely Luna at the 3 and 5 Year Clinic Visits