

THE SUNBEAM STUDY NEWS

A newsletter for SUNBEAM study families



AS A DAD, IS THERE A ROLE FOR ME WITH SUNBEAM?*

We want our dads to know how important they are to SUNBEAM. When dads complete their medical history questionnaire, it gives us key information to connect with their baby's health. Even when a study dad doesn't have allergies or asthma, his information is equally important for our research.

A dad's observations about their baby's symptoms and home environment, provided on the monthly surveys, enrich the study data. Dads can also help collect study samples, support and encourage Mom, and come to clinic visits. If you have questions, contact the study team. Call us at 313-850-0597 or email SunbeamStudy@HFHS.org. We are happy to hear from all our study parents!

WINTER WEATHER, ILLNESS OR RUNNING LATE: LET US KNOW!

Winter weather and illness can sometimes interfere with clinic visit appointments. Please reschedule your clinic visit if:

- You or your child are sick
- You are not comfortable driving due to weather and road conditions

To cancel your visit and reschedule, please text or call us as soon as you can at 313-850-0597.

If road conditions are expected to be hazardous, we will reach out to you in advance to reschedule. However, if we have not cancelled the visit and you don't feel comfortable driving, please text or call us. Your safety is important!

Running late for your visit?

Please text or call us at 313-850-0597 if you expect to be more than 15 minutes late.

OUR SUNBEAM GROUP IS GROWING

Our goal is to enroll 240 families in the Henry Ford Health SUNBEAM study. To date, 117 families are participating in the study. The goal is to enroll 2,500 expectant mothers and their families across the 12 sites of this national study. To date, 1,665 families in the nation are participating. About 7% of those families are enrolled in the Henry Ford Health SUNBEAM study.



FUN FACTS ABOUT THE SUNBEAM FAMILIES

Our team hopes you enjoy these fun facts about our SUNBEAM families:

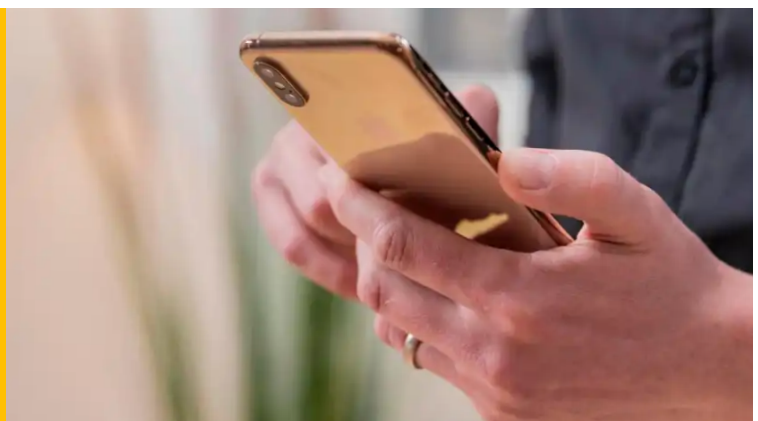
- So far, 70 boys and 48 girls are taking part in the Henry Ford Health SUNBEAM study.
- Henry Ford West Bloomfield Hospital is the most popular place for SUNBEAM moms to give birth, with about 75 percent of SUNBEAM families choosing this site for the birth of their child. The other 25 percent gave birth at Henry Ford Hospital in Detroit, Henry Ford Macomb Hospital and Henry Ford Wyandotte Hospital.
- Most study families live in Wayne or Oakland County, with a few in Macomb County.
- Livonia is the community the most SUNBEAM families call home.
- As of this January, the average age of children in the study is seven months, but they range in age from newborn to 31 months.
- This summer, the first SUNBEAM toddler will celebrate their third birthday!

CONTACT US

Call or Text: 313-850-0597

Email: sunbeamstudy@hfhs.org

Principal Investigator Robert Wood IRB00250006



LET'S TALK ABOUT BLOOD SAMPLE VS. SKIN PRICK TESTING FOR ALLERGIES

The SUNBEAM study uses two kinds of tests for allergies: skin prick and allergen-specific immunoglobulin E, or IgE, which requires a small sample of blood. Both tests can identify potential food allergies, as well as allergies to things like dust mites, pollen and pets.



Skin Prick Testing

In a skin prick test, the doctor or nurse makes a tiny prick, or scratch, on the skin and adds a drop of allergen, a substance that could cause an allergic reaction. We keep careful track of which prick received which allergen. After 15-20 minutes, if the child is allergic to the substance, we typically see a raised bump which may be red or feel itchy. It might remind you of a mosquito bite. Once the reactions have been recorded, we apply antihistamine lotion, which makes the “bumps” feel better and go away. This test takes time to conduct but delivers immediate answers.

Allergen-specific Immunoglobulin E (IgE) Testing

This test involves taking a small sample of blood and sending it to a lab that specializes in allergy testing. The lab measures the IgE, or antibodies, to specific allergens in the blood. If a higher number of antibodies to a certain substance is detected, the child may have an allergy to that substance. It can take a few weeks to receive the results, as the blood tests are run out of the University of North Carolina - Chapel Hill

Parents sometimes ask how taking blood affects their child. SUNBEAM Study Coordinator Amanda Cyrus, who is also a certified phlebotomy technician, explains, “Our team members who take the blood samples are experts with many years of experience and special training to care for infants and children. They will explain everything step by step, and answer any questions you have. Matt, BSN, joined our team last fall, and is a pediatric nurse with extensive experience drawing blood from little ones.”

The phlebotomist or pediatric nurse will carefully examine your baby’s veins and warm up the skin first. The amount of blood is very small – two to four milliliters – about a half teaspoon, and the blood draw is quick, usually taking about a minute. Our phlebotomists will take the time to talk to parents answer your questions, and do their best to make the experience a positive one for you and your family.

Questions?

If you have questions about IgE or skin prick testing, please ask at your clinic visit, or call or email the study team. We will connect with you personally to be sure your questions are answered by a study allergist.

FREQUENTLY ASKED QUESTIONS ABOUT SUNBEAM



Why are there so many surveys? The surveys are a very important part of the study. We record information about the home environment and your child's symptoms, and use it to better understand the prevention and development of allergies in children. Surveys are completed monthly so we can monitor changes that have taken place in your home or with your child that could be connected to a lack of allergies or their development. There are more surveys to complete at the beginning of the study, and they taper off as the study continues. If you have a preferred way of completing the surveys, please let us know. We can text or email them to you so you can complete them with study staff over the phone. Just let us know the method most convenient for you.



Have any participants had an oral food challenge? Yes! A total of 16 children have completed an oral food challenge, a test doctors use to find out if a child is allergic to a specific food. Fourteen families were relieved to find out their child was not allergic to the suspected food. Children who did have an allergy received immediate care and met with one of our pediatric allergists. So far, egg is the most common food allergy we have discovered, followed by milk and peanut. An oral food challenge may be offered to SUNBEAM families whose child has a suspected food allergy. There is no cost to you for the

expensive test, which is performed by Henry Ford Health's Allergy & Immunology specialists. The results help you understand your child's risk of an allergic reaction, what a reaction looks like and how to treat it immediately.

What exactly is an oral food challenge and why would my child have one? During your child's scheduled five-, 12-, 24-, or 36-month visit, we will perform a skin allergy test for common food allergens and share the results with you. If there is a suspected food allergy based on the skin test, your child will be invited for an oral food challenge, a test that tells us for sure if your child has a food allergy to a specific food. The test is performed by Henry Ford Health's Allergy & Immunology specialists. Results help parents understand their child's risk of an allergic reaction, what a reaction looks like and how to treat it immediately. Learn more about oral food challenges at <https://www.foodallergy.org/resources/oral-food-challenge> or scan the QR code:



Can I share the SUNBEAM Newsletter? Yes, please share the newsletter with people who are interested in learning about the study. We know your friends and family might have questions, and the newsletter is a great way to keep them informed and understand your interest and role in the study. Visit <https://bit.ly/3U2CuoF> or scan the QR code:



MEET THE STUDY LEADERS



Elizabeth Muller, R.N.

At Henry Ford Health, the SUNBEAM Study team is led by a team of researchers, physicians and nurses, including Elizabeth Muller, R.N. and Christine Joseph, M.D.

- Elizabeth Muller, R.N., is a research nurse for the SUNBEAM study. As the lead registered nurse for SUNBEAM, she works with the entire study team and our families to coordinate and conduct clinic visits at multiple Henry Ford Health locations. She has been with Henry Ford Health for nine years, coordinating Nephrology and Neuro-oncology clinical trials before joining SUNBEAM.
- Dr. Joseph is a senior scientist and director of the Health Disparities Research Collaborative at Henry Ford Health. She has special research interests in racial/ethnic health disparities, asthma, and allergic disease.



Christine Joseph, M.D.

Learn more about Dr. Joseph at bit.ly/45JrZt0 or scan:



GET THE SUNBEAM NEWS VIA EMAIL AND ONLINE

Please let us know if you would prefer to receive the SUNBEAM newsletter via email. We will email future issues to you and you'll help us save on printing and mailing costs.

Send us an email at sunbeamstudy@hfhs.org and simply say, "I'd like the newsletter emailed to me." We'll confirm your email address or addresses and add you to the email list. The SUNBEAM Study News is also [available online](#).

Read and share:
<https://bit.ly/3U2CuoF>

