

# THE SUNBEAM STUDY NEWS

*A newsletter for SUNBEAM study families*



## YOU'RE PART OF A GROUNDBREAKING NATIONAL STUDY

We want our families to know they are part of something big. The SUNBEAM study is a national effort to enroll at least 2,500 mothers, fathers and their infants. The goal is to use major, new technological advances to discover how clinical, environmental, biological and genetic factors play roles in the development of allergic diseases. Currently, doctors have no way to identify infants who may develop eczema or food allergy and would benefit from prevention strategies. This study could lead to discoveries that will help children worldwide.

Learn more at [bit.ly/45Ly9ca](https://bit.ly/45Ly9ca) or scan:



## WELCOME!

Welcome to the *SUNBEAM Study News*, a newsletter from the Henry Ford Health System Research Team for SUNBEAM study families.

Everyone who receives this newsletter is part of our southeast Michigan SUNBEAM study group, and delivered their baby at a Henry Ford Health hospital.

In this and future issues, we'll provide insights and information that we hope will be meaningful to you as an important contributor to the study.

If you have questions about the study, please email us at [SunbeamStudy@hfhs.org](mailto:SunbeamStudy@hfhs.org) or call (313) 850-0597.

# MEET THE SUNBEAM FAMILIES

Being part of the SUNBEAM study means you are part of a group of parents living in southeast Michigan whose children are enrolled in the study. Like you, they value making contributions to important research.



## As of November 2023:

- 80 children are active participants in the study; 49 are boys and 31 are girls.
- The average age of children in the Henry Ford Health group is nine months old, but ages range from newborn to 28 months.
- August and September are the most common birthday months, with 24 children celebrating their birthdays during the two months.
- November is the least common birthday month, with just one family celebrating their child's birthday.

In future issues of the *SUNBEAM Study News* we'll meet SUNBEAM families to learn more about each other and our children. Stay tuned!

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## FREQUENTLY ASKED QUESTIONS



**My child is already enrolled in the study and I'm expecting another baby.**

**Can I enroll again with my new baby?** Only one child per family can enroll in the SUNBEAM study.

**Can my baby's father participate?** Yes! Fathers play an important role in the study. Input and information from both parents makes our study richer. When possible, we would love to have both parents take part and help us learn more about childhood allergy predictors.

**Why don't we need to have a history of allergies in our family to be part of the study?** Our goal is to recruit children with varying risk for developing allergic diseases. By doing this, we will potentially be able to identify new and additional risk factors that lead to allergies. If we enrolled only children who were at risk, it would prevent us from understanding and identifying those risk factors.

**What is an "oral food challenge?"** As SUNBEAM participants, infants with suspected food allergies receive no-cost food allergy testing by Henry Ford Health's Allergy & Immunology specialists. An oral food challenge is an expensive test doctors use to find out if a child is allergic to a specific food. In an oral food challenge, the child is given small amounts of the food and carefully watched by doctors and nurses for signs of an allergic reaction. It is very safe to do under close medical supervision. (You should never try to do an oral food challenge at home.) The results help you understand your child's risk of an allergic reaction, what a reaction looks like and how to treat it immediately. In the future, a food challenge can be repeated to find out if your child has outgrown the allergy and if the food can be safely added back to their diet. If the SUNBEAM team recommends an oral food challenge for your child, we will provide more details and answers to your questions. If you have questions now, please contact us by emailing [SunbeamStudy@hfhs.org](mailto:SunbeamStudy@hfhs.org) or calling (313) 850-0597.

# KEY REMINDERS FOR SUNBEAM STUDY FAMILIES

The SUNBEAM study has a unique schedule based on when parents enrolled. This means you will complete study activities on your own timeline, which may be different from anyone else's schedule.

A few key reminders:

- Surveys are monthly and delivered to the email address you provided for the study. Please be sure to complete them every month. These are an important part of our study.
- Clinic visits are based on your child's age:
  - Visit 1: Two months old
  - Visit 2: Five months old
  - Visit 3: 12 months old
  - Visit 4: 24 months old
  - Visit 5: 36 months old

Additional clinic visits will be announced as the study continues. The research team will contact you to schedule your clinic visits and send reminders. Watch for our emails, texts and calls a few weeks before your visit is due. If you need to reschedule a clinic visit, please contact us as soon as possible and we will set up a new date for you. Email us at [SunbeamStudy@hfhs.org](mailto:SunbeamStudy@hfhs.org) or call (313) 850-0597.

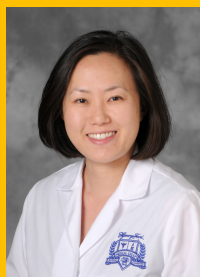


Dr. Johnson

## MEET THE STUDY LEADERS

At Henry Ford Health, the SUNBEAM Study team is lead by a team of researchers and physicians, including Christine Joseph, Ph.D. and Haijin Kim, M.D.

- Dr. Johnson is chair of the Department of Public Health Sciences and director of the Center for Allergy, Asthma & Immunology Research at Henry Ford Health. Her research is focused on cancer prevention, pediatric allergic disorders and reducing health disparities.
- Dr. Kim is an allergy and immunology specialist at Henry Ford Health. She leads allergy research with a focus on children's allergies and asthma, and sees patients at Henry Ford Hospital and Henry Ford Medical Centers — Columbus and Fairlane.



Dr. Kim

Learn more about Dr. Johnson at [bit.ly/47PICFI](https://bit.ly/47PICFI) or scan:



Learn more about Dr. Kim at [bit.ly/3sKkHqI](https://bit.ly/3sKkHqI) or scan:



## REFER A FRIEND TO THE SUNBEAM STUDY

If you have a friend who is pregnant and interested in participating in the SUNBEAM study, share our enrollment site, [henryford.com/SUNBEAM](https://henryford.com/SUNBEAM), or this QR code:



Your friend can complete the qualification survey to see if they can take part. Basic parent requirements to participate are: Age 18 or older, at any stage of pregnancy, and planning to give birth at Henry Ford Health or another study-site designated center.