ASTHMA BY THE NUMBERS

7.1 Million → the number of children who have asthma in the US

10% : 8% → the percentage of children vs. adults who have asthma in the US

4.1 Million → the number of children in the US who suffer from an asthma attack each year

DID YOU KNOW?

- Asthma is more common in boys during childhood, but then becomes more common in women in adulthood.
- In 2000, more than one quarter of the swimmers on the US Olympics team had asthma and used inhalers.

Did you know that our research center is brand new?

After one year of construction, we opened our new research center in May 2013. Located in the heart of downtown Evanston, our 3,500 square foot space allows us to interview families, to take many different types of health measures, and to study immune cells in blood.

WHAT WE HAVE LEARNED SO FAR...

- Having good routines in the family helps reduce the inflammation that underlies asthma in children. This includes eating family meals together, going to bed and waking up at a similar time each day, and spending regular time together as a family.

- Asthma inflammation is worse during times when children are under a lot of ongoing stress (e.g., there is frequent fighting in the family) and then a big life event happens (e.g., a family member dies)

Thank you for being a part of our study and for helping us to gain a better understanding of asthma!
GET TO KNOW OUR STAFF!

Michelle Farazi is the newest member of the Family Asthma Study team. Michelle works in the Foundations of Health Research Center wet lab taking on the most challenging projects with enthusiasm. A Chicago native, Michelle attended UIC, graduating with both a B.S. in biology and a B.A in psychology cum laude. From there she went on to finish her Master’s in immunology, with a specialization in cancer biology, at Rush University. She hopes to use her scientific knowledge and techniques to further the understanding of the underpinnings of asthma.

EVENTS AROUND TOWN...

Grand Chanukah Menorah Lighting
- 12/4, Fountain Square

Nutcracker on Ice
- 12/6-12/8, Robert Crown Center

An Evanston Symphony Christmas
- 12/8, ETHS Auditorium

Community Kwanza Celebration
- 12/26, Fountain Square