

What is asthma?

Asthma is often characterized by difficulty breathing or chest tightness. Asthma can occur as a response to exercise, allergies or an infection.

The cause of asthma is unknown. Researchers believe that a combination of factors may be involved.

Are there benefits to the TIPS Study?

There is no cost to participate in TIPS. We reimburse parking, and provide you with all the necessary study materials. You will receive a \$25 gift card at each of your study visits (there are six appointments over the course of three years). We hope you will consider participating in this important research study.

Please call us 1-866-913-TIPS!

Who is conducting this study?

The TIPS Study is funded by the National Institutes of Health. The principal investigator of the study is Dr. Michael Cabana, MD, MPH - Chief, Division of General Pediatrics and Professor of Pediatrics, Epidemiology and Biostatistics at the University of California, San Francisco (UCSF).

1-866-913-TIPS or email us tips@ucsf.edu



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TIPS & DIMES Studies

PRL Institute for Health Policy Studies/Pediatrics
University of California, San Francisco
3333 California Street, Suite 265
San Francisco, CA 94143-0936

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Pregnant Women and their Newborns Needed to Help Prevent Asthma!

Join the TIPS Study! 1-866-913-TIPS



What is TIPS?

TIPS is a research study with the goal of preventing asthma in children by giving them a nutritional supplement called probiotics.

We're looking for prospective parents, either of whom have a history of asthma, because infants born to parents that have a history of asthma have an increased chance of developing the condition.

What is involved?

Before the baby is born

- Answer questions about your family and household
- Give us permission to contact you after you deliver to consent the baby into the study

After the baby is born to age 3 years

You will give your baby a nutritional supplement called probiotics daily for 6 months and...

- Answer telephone surveys
- Provide stool samples
- Six physical exams
- Provide 3 blood samples
- Skin prick test at three years old

The TIPS team works very hard to make the study as easy and convenient as possible for participants. We can even do some physical exams in the comfort of your own home.

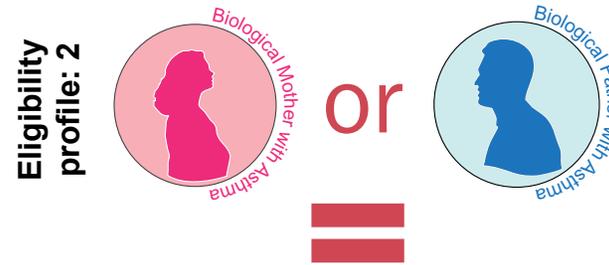
Call us for more info!

Do we qualify for TIPS?

Both Parents with Asthma



One Parent with Asthma



You Qualify!

No asthma, no allergies & no eczema?

Lucky you!



You can still help us learn more about asthma. Ask about the control group of this study called DIMES!

What are probiotics?

Often called “good bacteria,” probiotics are defined as “live microorganisms which when administered in adequate amounts confer a health benefit on the host.” Probiotics are commonly found in fermented food products such as yogurt. In recent years, there has been an increased interest in the use of probiotics for the treatment and prevention of inflammatory bowel disease, infectious and antibiotic associated diarrhea, including necrotizing enterocolitis, and other disorders such as atopic dermatitis and recurrent urinary tract infections.

Which probiotics are used in TIPS?

The TIPS study uses *Lactobacillus GG* (LGG). LGG is the most studied probiotic available and is considered safe.

What is the “Hygiene Hypothesis”?

The hygiene hypothesis suggests that early environmental factors can affect immune system development and lead to atopic conditions (such as asthma, eczema or allergies).

The hypothesis suggests that the absence of exposure to dirt, due to increased household cleanliness may lead to allergic disease like asthma.

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