

The Barwon Infant Study: One Year Completed!



BIS Fieldwork Team and Laboratory Staff

It has now been one year since we recruited our first BIS participant! Planning for BIS started over four years ago. The idea was to conduct a study that would generate new knowledge about how to give babies the best start to life; and with that, BIS was born! So now, thanks to families in the Barwon region, we have been gathering information over the past year that could help not

only Australian children, but children and families all over the world. We couldn't do it without your ongoing support and commitment – thank you!

So what have we been doing in this past year? So far, we have enrolled over 500 families, asked over 68,000 questions, stored over 20,000 samples, taken over 1,900 measurements and most

importantly 337 new babies have been born! Each and every participant has been important, and every question you answer for us adds a piece to the puzzle. We are still recruiting families, and hope to enroll 1,250 families by mid 2013. Some of the first BIS babies are nearly 12 months old – the time has flown! Each week we are welcoming around 8 new babies, and in the month of August there were 42 BIS babies born! Thanks for letting us be a part of your journey. We love watching your families grow, and catching up on all your news and milestones. Your efforts are hugely appreciated, and your input is incredibly important. -

BIS Team

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Community News

- ◆ 1/2 price pet registration & \$15 microchipping with COGG various dates and locations. <http://www.geelongaustralia.com.au/residents/animals/>
- ◆ Nov 4-6 Colac Show colac.countryshow.com.au
- ◆ Nov 5 Ashby Primary School Market day. <http://www.facebook.com/AshbyPrimarySchoolMarketDay>
- ◆ Nov 13 Winchelsea Festival & Wool Sports Championships www.winchelseafestival.org.au
- ◆ Nov 20 Cotton On Run Geelong rungeelong.com.au
- ◆ Nov 25-27 Queenscliff Music Festival www.qmf.net.au

What are we looking at?

The major BIS research questions.

To date, there are three major areas that we are researching here at BIS.

BIS Immune

The first is immune system development. We want to learn more about how a babies' environment effects the development of their immune system. Our hypothesis is that a good diversity of bugs (germs) in the babies' gut promotes healthy immune development. To find this out, we will be looking at the poo samples that have been collected and comparing the gut flora. This gives us a

good measure of what baby has come into contact with, and using that information we can make connections to the development of allergic and other diseases. Who would have thought dirty nappies could be so useful?

BIS Respiratory

The second area we are researching is the respiratory system, specifically, how babies' lungs grow.

At the four week visit, families have been invited to participate in optional lung function test. These tests are the best way of let-

ting us know how well your baby's lungs are working, and give us important information about how their lungs developed during pregnancy. The results of the lung function tests are compared to information we have gathered during pregnancy and will hopefully give us important information about how things like asthma develop.

BIS Cardiovascular

The third area we are researching is the early life origins of cardiovascular diseases (CVD), like heart attacks and stroke.

CVD is one of Australia's biggest health issues, with over 3.5 million Australians affected. We are inviting families to participate in an ultrasound of baby's aorta (a large blood vessel) at the four week visit. This information, along with all the other samples will help us discover what things might influence CVD developing later in life.



Special thanks to:

Meet the team!



Peter Vuillermin, Lead Investigator

Pete is a general paediatrician at the Geelong Hospital and leads the BIS team. He lives in Point Lonsdale with his wife Trudy and their three children Harriet (9yo), Louis (6yo) and Gilbert (18 months). They have five chickens and one old brown dog. Pete loves to surf (badly) and grow vegies. He is passionate about giving babies a healthy start to life. His favourite thing about BIS is the sense of collaboration between the Barwon community an outstanding group of Australian researchers. Together we are going to learn some important things!



Fiona Collier, Research Manager

Fiona is the senior research scientist who manages all the precious BIS samples. Fiona's team have processed and stored over 20,000 bio-samples. Their catch-cry is "We are very BISy!!". Fiona has worked in laboratories since 1974 (she was a very early starter!) and comes from a family of scientists. As the mother of two boys who both suffered with severe asthma as babies, she finds working on BIS one of the most exciting times in her career and hopes the study will improve outcomes for all children, including her beautiful grandson, Jackson.

Some BIS Babies names: Jonah, Metab, Cardi, Lachlan, Poppie, Archer, Symphony, Georgia, Christian, Riley, Jessica, Chloe, Lincoln, Alana, Katelyn, Hunter, Zealan, Lachlan, Jude, Lucas, Zoe, Ava, Ethan, Anouk, Jedd, Elsie, Indi, Sarak, Axl, Darsh, Hayley, Darsh, Bridie, Cooper, Jock, Kaylee, Sienna, Jude, Ruby, Alice, Charlie, Tirrana, Oscar, Zachary, Kiara, Roseangela, Lacey, Olivia, Mason, Spencer, Leo, Penny, Eden, Jake, Rachel, Jayden, Davey, Kasey, Ethan, Maidie, Amelia, Ned, Cooper, Oscar, Pippa, Liam, Gretl, Brody, Maide, Anna, Ivy, Malia, Hugh, Ebony, Lewis, Arie, Louisa, Oliver, Sam, Baxter, Amelie, Maggie, Mason, Jessica, Allanah, Gianni, Linkan, Adele, Lyla, Reagan, William, Katelyn, Violet, Archie, Joshua, Lilli, Penny, Sophie, Iluka, Ruby, Sophia, Sebastian, Ashton, Thomas, Hannah, Marcus, Ivy, Augusteen, Finn, Charlotte, Asher, William, Alexis, Griff, Charlotte, Malakai, Imogen, Olivia, Thomas, Henry, Emma, Hunter, Seth, Patrick, Alana, Stella, Angelina, Siarra, Esther, Brett, Eden, Miles, Michaela, Luka, Zoe, Ayda, Celeste, Daisy, Rose, Mason, Charlie, Zoe, Toby, Rowan, Kaden, Koby, Hannah, Nathan, Alexander, Harry, Eddie, Millie, Neisha, Anwita, William, Finnian, Casia, Ryland, Sofia, Mia, Emma, Cooper, Finley, Jai, Marli, Ellie, Milla, Aaliyah, Madalina, Oliver, Milla, Brooklyn, Hamish, Astrid, Eva, Cara, Tullula, Xander, Perry, Jai, Lottie.



Above: Shayleigh, John, Abby and Elsie
Below: Elsie and her furry friend.

Meet a BIS family: The Chapmans Shayleigh, John, Abby and Elsie

Shayleigh and John Chapman, of Point Lonsdale, are the proud parents of three year old Abby and 9 month old Elsie. "We feel very lucky to be able to bring our children up in such a great community with amazing friends and family around us," says Shayleigh, an avid surfer.

diatricians in their journey to possibly finding reasons as to why asthma, eczema, and allergies are so prevalent within the children of today. It feels good to help out (in what feels like such a small way) and hopefully help many families in the future."

surf competition. She not only competed, but she took home the trophy for first place! How's that for a champion?!



BIS would like to thank the Chapmans for sharing their story. If you have a story to share, please contact BISNews@BarwonHealth.org.au



The Chapmans were one of the earliest families to enrol in BIS, and felt that contributing their time to the study was a great way of giving back to the community. "My partner John and myself decided we would love our new baby Elsie to take part in the Barwon Infant Study so to assist our wonderful pae-

John and Shayleigh run a roofing company, JR Chapman roofing, which keeps them busy, but during their well earned down time they take advantage of the coastal lifestyle. Shayleigh is such an accomplished surfer that within two weeks of baby Elsie being born, she was back on the board, competing in a

Comments, suggestions, a story you want to share? Contact us at BISNews@BarwonHealth.org.au

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Working together for children's health

SUDOKU

The goal of the game is to fill all the blank squares in the game board with the correct numbers. There are only 3 rules to follow.

In a 9 by 9 square Sudoku game:

- Every row of 9 numbers must include all digits 1 through 9 in any order
- Every column of 9 numbers must include all digits 1 through 9 in any order
- Every 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9

Good Luck!

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