

HealthNuts Research Update:

We're almost there!

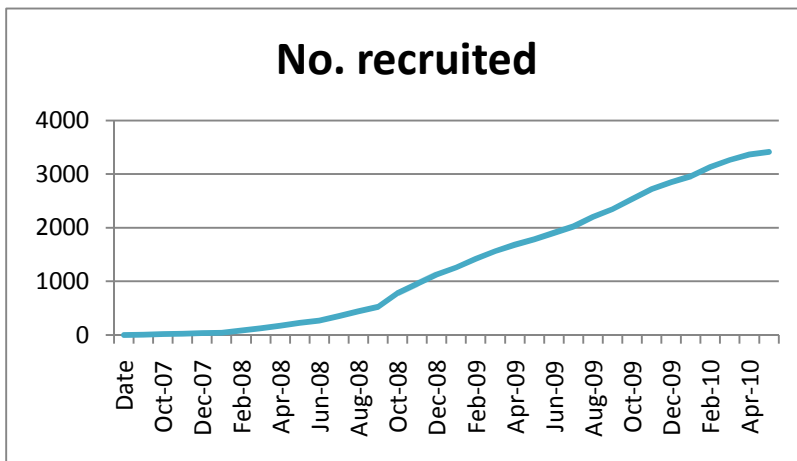
Thank you for taking part in the HealthNuts study! HealthNuts is run by researchers at the Murdoch Childrens Research Institute at The Royal Children's Hospital. Thanks to your participation HealthNuts has now recruited over 3400 babies. With 72% of people asked deciding to participate in the project, and over 700 food challenges in clinic at the Hospital, we have received great feedback and amazing results.

What we already know:

- The incidence of food allergy is rising
- Some children have worse reactions than others

What we don't know:

- The main factors in driving food allergy
- Who is at greatest risk of having a food allergy
- Why the number of people with food allergies is increasing



Over 20% of the babies tested have had a reaction to Skin Prick Tests to one of peanut, egg, sesame or shellfish/cow's milk.

HealthNuts is now one of the biggest studies of its type in the world.

Our first research paper is about to be published in the international Journal Clinical and Experimental Allergy

We aim to finish the research of this project by the end of 2010 with results of our tests available to public soon after! We are planning to have our next newsletter with more information and results from the HealthNuts study online.

You can help to save a few trees by supplying your email address and we will keep you up-to-date.

Please forward your email, name and child's HealthNuts ID to:

health.nuts@mcri.edu.au

Look out for the next newsletter where we will hope to be announcing a follow up study of children at 4 years of age. **Thanks again for your contribution to the HealthNuts**

HealthNuts....Nuts about Health