

## PROJECT BRIEF

### **T**reating Children to Prevent **Ex**acerbations of **A**sthma (TREXA): A CARE Network Protocol

#### **Background**

Since asthma is the most common chronic childhood disease in the U.S., the CARE Network was established to evaluate treatments for children with asthma. The **Childhood Asthma Research and Education (CARE) Network** was established in 1999 by the National Heart, Lung and Blood Institute (NHLBI). Five clinical centers and a data-coordinating center were selected to participate in this research network. The CARE Network is conducting several studies for children with asthma and they have been sharing their findings with the health care community.



#### **Problem**

Children with mild asthma are often prescribed daily-inhaled corticosteroids (ICS), however, it is not clear how long these children must continue to take these. Keeping children on daily doses of ICS when their asthma is under good control could be costly, both in terms of cost of medication as well as potential side effects and the extra burden daily doses place on parents and children. No systematic studies have addressed this issue.

*mild asthma who are under good control but still presumably at risk for exacerbations?*

- *Is there a treatment regimen that will decrease the risk of exacerbations in children with mild disease to a higher extent than what is achieved today with?*

#### **Goal**

Determine how to safely and systematically wean children off of ICS controllers after long periods of wellness.

#### **Population Served**

In Wisconsin, 56 children (age 6-17 years) with mild persistent asthma will be enrolled. Nationwide, 280 children will be enrolled in this study.

#### **Timeline**

Individual study participation lasts for 44 weeks; the study is slated to end in early 2009.

#### **Objectives**

This study will collect empirical data on two questions about the treatment of childhood asthma:

- *What is the best strategy for discontinuing therapy in children with*

#### **Funding Source(s)**

- National Institute of Health's National Heart, Lung, and Blood Institute (NHLBI)

# Center for Urban Population Health

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- TEVA Pharmaceutical Industries Limited (medication)

### Local Principal Investigators

Elizabeth Bade, M.D.  
Aurora UW Medical Group

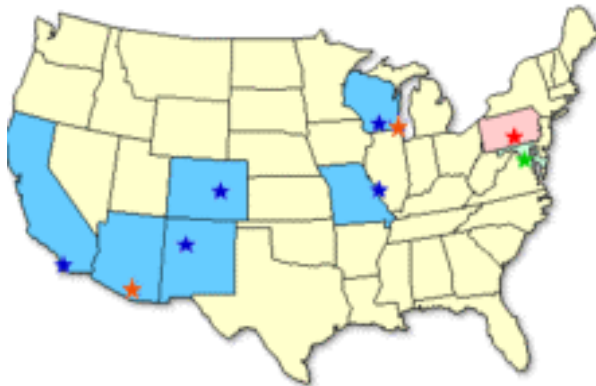
Robert Lemanske, M.D.  
University of Wisconsin-Madison

### For more information, contact:

Rebecca Hamilton, B.S.  
Project Coordinator  
(414) 219-3578  
[rebecca.hamilton@aurora.org](mailto:rebecca.hamilton@aurora.org)

or visit the Care Network website:  
<http://www.asthma-carenet.org/>

### CARE Network Sites



### ★ Clinical Centers

Denver: National Jewish Medical & Research Center  
Madison: University of Wisconsin

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San Diego: University of California  
Kaiser Permanente California  
St. Louis: Washington University  
Tucson: University of Arizona

### ★ Satellite Centers

Albuquerque: University of New Mexico  
Milwaukee: Center for Urban Population Health

### ★ Data Coordinating Center

Hershey: Penn State University

### ★ NIH Funding Agency

Bethesda, MD: National Heart, Lung, and Blood Institute

### Care Network Organizational Information

Administratively, the main governing body of the network is its Steering Committee. The Steering Committee consists of the Principal Investigator from each Clinical Center, the Principal Investigator from the Data Coordinating Center, a Chairman who is not an Investigator, and a Project Scientist from the NHLBI.