

# VIDARIS NEWSLETTER

**H**i and welcome to our first VIDARIS newsletter. We hope to send this update monthly to all participants.

The response from the staff and students of the CDHB and UOC has been great. Participants have enrolled from Public Health, Burwood PMH, Christchurch Hospital Campus, Hillmorton, Canterbury Health Laboratories and the University of Otago Christchurch.

Thank you to all of you for volunteering for VIDARIS Study. Recruitment has finished with 322 participants enrolled in the study (242 females and 80 males).

Some of you will have just started your first dose of the capsules whilst others have been in the study for three months.

## TWO MONTH STAGE

A reminder at the two month stage (3<sup>rd</sup> lot of capsules) there is a blood test and you drop to taking two capsules at this time and for each month after that.

## COLDS AND FLU

A big thank you to all the participants phoning in with cold/flu symptoms. Recording these upper respiratory infections (URIs) is very important to the study and we appreciate your efforts. It is not easy when you are "under the weather" but please do ring us if you develop a sore throat, cough, runny nose or nasal stuffiness. We can come to you.

## FILLING OUT URI FORMS



The URI questionnaires need to be filled out every day until you have two consecutive days of "Not Sick" (the first question at the top of the questionnaire) or for a maximum of 14 days. If you have defined two days as "Not Sick" on the questionnaire please ensure that you fill out the rest of the form providing a response for each symptom (there is a circle to mark that you cur-

rently don't have the symptom). If you are unsure about how to fill in the URI forms please don't hesitate to contact us.

## URI SWAB RESULTS

The nasopharyngeal swabs are being stored at the moment, but will be analysed soon and we can then tell you the results if you wish.

## BLOOD TEST CENTRE

The ladies at the Blood Test Centres at Canterbury Laboratories, Burwood, and PMH



have been great. The path from No. 10 Oxford Tce to the Blood Test Centre has been well used and Sandy, Sarah, Karina, Kelly and Penelope feel they could almost walk it blindfolded now.

As midwinter approaches on June 17, we wish you all the best from the VIDARIS team and we will stay in touch.

## Contact details:

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