

The Raine Study

Information for children

You don't have to do these special tests if you don't want to. It's up to you. Even if you don't want to have the special tests we'll still have lots of measurements and other things to do when you come in. We'll give mum or dad all the results of the tests we do.

There's a lot to think about. There's no rush and nobody is going to make you do something you don't want to. We've given mum and dad something to read about the tests as well. You can ask them if you have any questions. You can also ask us questions when you come in.

Sorry we had to get you to read so much. It feels a bit like school, eh?

One of the things we have been doing is

Now that you are older, we want to tell you about the Raine Study and our plans for your next visit.

The Raine Study began before you were born. Your mother agreed to be in the study when she was about 18 weeks pregnant. First of all, we wanted to know how well you were growing inside your mother's tummy by taking special pictures called ultrasounds.

When you were born the doctors and nurses gave you a special check-up and most of you came back to see us when you were 1, 3 and 5 years old. You might remember the last time you came we did a hearing test, got you to blow into a special machine and did some other tests for allergies.

measuring your blood pressure. You probably

know that your heart is like a pump that pumps blood around your body through pipes called arteries and veins. Every part of your body needs blood to make it work properly. When we measure blood pressure we are really just checking to see how much pressure there is in the pipes. Some adults have too much pressure in their pipes and this can lead to health problems.

We want to understand why some people get high blood pressure, that is, too much pressure in their pipes. If we measure your blood pressure and your mum and dad's blood pressure and do some other special tests this is going to help us a lot. We're not doing it because we think there is something wrong with you. We measure lots and lots of children's blood pressure to see if some children have different blood pressure than others.

The next time you come in, we want to do a special exercise blood pressure test. We will get

you to ride on our exercise bicycle for about 10 minutes while we take your blood pressure a few times. We have a blood pressure machine that blows up like a balloon around your arm. It doesn't hurt, it just feels tight, you've had it done lots of times before. We will also get you to do some blows into a machine called a spirometer.

If you want to you can have a blood test as well. We won't do that when you come in though. Instead, your mum or dad will take you to a place called a pathology laboratory. With the blood test they put a tiny needle into your arm and take out about 4 teaspoonfuls of blood. If you look away and think about something really nice, you'll hardly feel it. We're going to ask your mum and dad to have the blood test too.