TRIGR Canada Family News

TRIGR Family Story: Michelle Grigat from Montreal

It wasn’t until my husband was 28 that he was diagnosed with Type 1 diabetes. After losing 70 lbs and a blood glucose level of 57, he was hospitalized for two weeks. Our life has never been the same since that time and we find ourselves often overwhelmed by how diabetes runs our lives. My husband and his family (of German background) still wonder who gave this terrible disease to him and he himself often feels angry that he has diabetes. My husband feels sorry for himself that diabetes affects everything he does, his moods, his body, and may shorten his life he so enjoys with his family.

We now have two daughters, aged 2 and 4 months. Both healthy, strong young girls. We were introduced to TRIGR when I was pregnant the first time. I have spent much of my time in the last few years trying to prevent my kids from acquiring diabetes, if at all possible. I hate what it has done to my husband. Everything is so scheduled in our lives. We have to stop and eat proper meals and always ask the ingredients of prepared food. It took my husband almost a month to heal from a simple blister on his heel from wearing shoes without socks in the heat of the summer. Simple things like enjoying ice cream in (Continued on page 2)

Message from John Dupré, MD

Principle Investigator TRIGR Canada

This fall, the North American clinics in the International TRIGR Study Group had a successful working meeting in Ottawa. For some of our colleagues from the south, this was the first visit to our capital city. The weather was kind, Ottawa was beautiful, and the meeting went according to well-laid plans. The study is going very well and we are confident that we will complete recruitment of TRIGR participants in 2006. This means that we will be able to answer our important study question regarding early nutrition of infants at risk of Type 1 diabetes. We can also see that our study is raising other important questions. An example concerns the ‘best treatment’ for those TRIGR children who do develop diabetes. For many of these children, the diagnosis will be made much earlier than usual because of the careful follow-up provided through the study.

We plan to start another research project to examine the possible benefits of very early diagnosis of Type 1 diabetes, which may enable us to improve the outlook for those children, and for others in the future. This research would mean a new research program would be added to TRIGR. We will discuss this with you in full as soon as the plans are complete so you can decide if you would like your child to participate in this ‘add-on’ to the study.

In the meantime, we cannot thank you enough for your commitment to this study and your efforts to complete the study visits and collection of information and study specimens. Together, we will be able to ‘answer the TRIGR question’ that is so important to all of us.
As some of you might know, Health Canada has issued a ban against all baby walkers as they have been categorized under the Hazardous Product Act Legislation. Many manufacturers are trying to produce products that will give parents something similar to a walker (which are banned). You may come across this product or other similar ‘walker’ products in your travels. The most recent one is Evenflo’s ExerSaucer® Walk Around™. This product has been spotted at local Canadian toy and baby stores, even though Health Canada has marked it as illegal to buy, sell, give away, manufacture or import this item.

A representative for Evenflo has described the walker as having a weighted ‘stationary’ leg (weighing only 5 lbs.) that is designed to “allow baby to play and explore while walking in a pre-determined 360° area”.

If you see another product that may be of concern, please notify Health Canada. Also, if you see this product sold in any stores, please note that Health Canada is under the impression that these are currently NOT sold in Canada. A local toy store contacted in Ottawa has removed the walker from their shelves so hopefully soon the rest will follow.

(Continued from page 1)

The summer can cause havoc for my husband and make him moody from the sugar.

As a mother and wife who is not diabetic herself I find myself often affected by this more than I expected. I’m the one who has to care for my husband when he has a sugar low. I’m noticing him slipping out of reality when we miss a meal, or when he has done too much exercise first, before my husband notices. I’m constantly carrying around extra needles and glucose tablets in my purse, for emergencies. When he arrives home late from work, I worry far more that his sugar is ok, more so than if he was in an accident. I am truly changed by this disease. I’m always hoping for that magical cure will come and take our problems away. Hopefully it will come sooner than later.

(Continued on page 3)
Recipe: Zucchini Muffins

Ingredients:

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>1 egg</td>
<td></td>
</tr>
<tr>
<td>50 ml sugar</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>30 ml oil</td>
<td>2 Tbsp</td>
</tr>
<tr>
<td>125 ml buttermilk</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>300 ml whole wheat flour</td>
<td>1 1/4 cups</td>
</tr>
<tr>
<td>5 ml baking powder</td>
<td>1 tsp</td>
</tr>
<tr>
<td>2.5 ml baking soda</td>
<td>1/2 tsp</td>
</tr>
<tr>
<td>10-15 ml cinnamon</td>
<td>2-3 tsp</td>
</tr>
<tr>
<td>500 ml shredded zucchini</td>
<td>2 cups</td>
</tr>
</tbody>
</table>

Makes 12 muffins

Each muffin = 1 starchy choice
1/2 fats & oils choice

Nutritional Information (per serving):

93 Calories; 15 g Carbohydrate; 3 g Protein;
2 g Dietary Fibre; 76 mg Sodium; 3 g Total Fat;
0.4 g Saturated Fat; 0.5 g Monounsaturated;
2 g Polyunsaturated; 18 mg Cholesterol

Directions:

1. Beat together the egg, sugar, oil and buttermilk.
2. Combine the dry ingredients.
3. Add the zucchini and wet ingredients to the dry ingredients.
4. Mix until all the ingredients are combined, and spoon into 12 paper-lined or lightly greased muffin cups.
5. Bake in a preheated oven at 180°C (350°F) for 20-30 minutes.

Warning from Health Canada

Health Canada is warning consumers across Canada not to use Sweet-Ease, a sugar-solution pacifier dip because one lot of this product may contain mold. This product is used in hospitals to soothe babies.

For more info, see website below.


HAPPY HOLIDAYS!

Everyone at TRIGR Canada would like to wish you and your family a very HAPPY HOLIDAY and a HAPPY NEW YEAR.

Attention TRIGR Families: Refer a Friend

We will continue to accept new subjects for enrolment into the TRIGR study through spring 2006!

Do you know a pregnant woman who either she herself or the father of the baby has Type 1 Diabetes, or a full-sibling to the baby has Type 1?

If so, please help our TRIGR family grow and refer a friend, or two, to the TRIGR study! 1-888-STOP-T1D

To help reduce cost and for an environmentally friendly alternative by reducing paper waste, please send you study coordinator your email address for the next TRIGR Canada Family News!

(Center spotlight continued from page 2)

The team at the CANII satellite site, Centre Hospitalier de l’Université de Sherbrooke, is made up of endocrinologist Dr. Patrice Perron, pediatrician Dr. Colette Girardin, and study coordinator Caroline Barr. Caroline has been involved in research for the past 6 ½ years, starting out as a research nurse in genetic diseases. She has been occupying her present position as research nurse and coordinator of diabetes research at the CHUS for 3 ½ years. We were very glad to welcome her aboard CANII in the fall of 2004.