



# TRIGR USA

## An NIH-Sponsored Primary Prevention Study for Type 1 Diabetes

### The Shirt Story

*This story was sent to the coordinator of the St Louis site by one of the TRIGR Study mothers and was edited by Peggy Franciscus, RN. The behavior of this young boy is appropriate for his age group no matter if he was going to the lab or the doctor's office. Use of anesthetic cream should be offered or used for every blood draw for children in the TRIGR Study.*

Our soon to be 4 year old son was determined not to participate in this year's TRIGR blood draw. I have been talking to him about it for a week now. I told him how brave boys are able to sit still, etc. I even talked about possible treats following the blood draw.

In the past, every blood draw ends with drama. Today, I knew we had to go to the lab. I opted not to tell him where we were going until we arrived. I knew we were going to a "new" location, so he didn't catch on at first. When we parked, he asked me if we were going to the hospital. At that point, I had to tell him the truth. He quickly jumped over the back seat of the van. I'll just say we had hysterics. Just use your imagination! He kept yelling at the top of his lungs, "I don't want to get my blood draw."

We walked, (OK, me carrying him), into the lab. I tried to grab a number to register but I had an escapee. We tried again and didn't get much further. Finally, an employee brought me the sign in pad, took the vials and the order. I decided to take him outside for a walk. Soon there was a knock on the window. The same employee motioned for us to come back in and follow her to the lab. It did take a few tries to get him back in the door!

The lab tech did the stick despite the fact my son never quieted. The lab tech was awesome. My son finally stopped crying in over 15 minutes. Except for the drive to and from the lab, it was really fast. I can only hope as he gets older, we can do this without him freaking out too much. Did it hurt? Probably not as much as he feared.

My son enjoyed a chocolate doughnut on the way home. It is likely he won't remember how distressing it all was but I know I'll never forget.

I have to add the funny parts now. When my son got his new "birthday shirt", he was so excited. I suggested he not wear it until his birthday but that was too long for him to wait. So I suggested he wait until his "birthday" month. As soon as October 1<sup>st</sup> came, he knew what he wanted to wear.

Today, at the hospital, he kept yelling, "Mail my shirt back. I don't want to do the blood draw." I think he gets the connection between the birthday shirt and the blood draw. When we returned home, he promptly found his "birthday" shirt in the dirty clothes basket and put it on. He now talks proudly about his trip to the hospital.



www.TRIGR.org  
www.trignorthamerica.org

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## Fast Food Calls For Some Fast Talking From Parents

By Marilyn Tanner-Blasiar, MHS,RD,LD  
Washington University in St. Louis TRIGR Coordinator

Aunt Marilyn (that would be me) recently went to a fast food restaurant with my two nieces: Aurelia (age 10) and Juliana (5). For 19 years I have been educating parents on healthy eating and "what to do" in all kinds of picky eater situations, as well as healthy limit-setting for their child's food choices. Both of my nieces are very familiar with their dietitian-aunt's healthy eating behaviors and encouragements. Well, my goodness! As the two started to order, Juliana chose milk, apple wedges, and chicken nuggets. I was so proud of her healthy choices! Then her older sister proceeded to order fries, double cheeseburger(!), and soda, all in a "Fun" Meal. Not on Aunt Marilyn's watch! I was their acting mother for this meal, so I proceeded to set some limits.

Why were we even in a fast food restaurant? I will be honest with you, it was a hot August day, and had been rainy and cloudy for the last three days. They really needed to burn off some steam. In Central Illinois, there usually isn't a fancy place to do that, other than your area fast food restaurant, with it's exciting and challenging "Fun"-Place. The girls really needed to get in some activity, and they know Aunt Marilyn advocates active toys only!

So back to Aurelia's double cheeseburger, fries, and soda order. I promptly said "You need to alter your choices! Do you really need a DOUBLE cheeseburger? Why not just a single?" She looks at the clerk and says "This is what it is like to have a Pediatric Dietitian as your aunt! She is SOOOOO annoying!" Of course - as annoying as this limit setter can be - I stood my ground and we talked through the options. We bargained, and I gave in to the double cheeseburger. But she got the apple wedges instead of fries. Although she attempted to order the "sport-ade" drink, luckily it was out-of-order and she settled for the "light" lemonade!

Mind you this was at least a 10 minute ordeal. How do you parents do it day in and day out? What are some thoughts and techniques that in the long run will help you? Changing behavior usually takes time. But the most important thing you can do is : Be consistent! Remember that you are the parent.



Our St. Louis TRIGR Team- (L - R) Jenn Lapp, Dr. Neil White,  
Ann White, Jackie Jones, and Marilyn Tanner-Blasiar, RD.  
We went with TRIGR blue for our Holiday photo this year.

*Here are some questions I often get from parents:*

## 1. Can eating at fast food restaurants fit into an overall healthy diet?

Yes, fast food can fit. But you need to be strong. It is only a "sometimes" event. You have the power to keep it on the healthy side, by encouraging (or bargaining for) healthy options. Remember you are the number one role model for your children.

\* **ENCOURAGE THE HEALTHIER OPTION:** Recently it has become almost standard that fast food restaurants offer salads, fruit, and low fat yogurt options. TAKE ADVANTAGE OF THESE! When faced with fries and fried food, the good-for-you option can be tough. But once you have placed your order, you are "safe"! It will taste good and fuel you with nutrition!

\* **GRILLED, NOT FRIED:** If you are in the mood for a sandwich, PLEASE opt for a grilled item. And watch out for the "gobblediegood" (aka mayonnaise, sauces, etc). Order the grilled item plain; you still have the option of lettuce and tomato. You'll get a fresh sandwich, that hasn't been sitting under a lamp! Add some veggies too! Choose catsup and mustard over mayo and "special sauces" with extra fat. This will help the fat grams stay in check. Just say "no" to fried foods.

\* **DRINKS MATTER!** Drinking milk will be a positive! You and your children need that calcium, protein and all the vitamins and minerals. PLUS when you drink the milk, you will act as a wonderful role model for your children! Try to make it skim or 2%. Flavored milks are OK. If you have a child with diabetes, make sure you add in the extra carbs for the flavoring.

Re-think JUICE - we often think that juice will be healthier. While juice is more nutritional than soda, please remember that a serving is 4 oz. So do not guzzle that fruit punch, juice, or lemonade, because CALORIES COUNT- Even in fluids!!!!

## 2. What are some of the nutritional concerns about fast food that we should be aware of?

\* **FAT:** It is easy to consume the same volume of food with over twice the calories simply because something is fried. Remember: 1 gram of fat = 9 calories. 1 gram of protein = 4 calories. 1 gram of carbohydrate = 4 calories. So that gram of fat gives you more than twice the calories in the same volume. WHEW! It adds up fast!!!

\* **QUANTITY:** We are easily convinced that we need to get the MEAL - the larger size, the soda... Make sure you are prepared: a small burger, side salad and water may do the trick! Even if you add a skim milk, you are satisfied, nourished, and won't be craving more food in an hour because you "cut back" and just ate a serving of fries. Try to remember balance in the meal. Get your protein, your veggies, your fruit, AND your dairy. :-)

\* **DRINKS:** Just drink water. You will save money (after buying diapers, everyone wants to save somehow!) And hydrate yourself. Fast food tends to be HIGH in sodium - which makes you thirsty. So if you order a soda (regular) or fruit juice or fruit punch (and there is almost always a soda-fountain that you can help yourself to free refills), you will want to drink more, because you will be thirsty from all that sodium. Try to drink water first to quench the thirst. Satisfy the thirst, then slow down and enjoy the taste of one of those others (in a small quantity!).

\* **REMEMBER, ALL FOODS FIT!** You just need to watch how often and how much you are consuming. This goes for your children as well. Child-sized meals and portions are enough for them. Avoid supersizing - for them OR for you. Make sure you get in those activities too! Make the time to go to the park and walk, run, play, toss, throw, just get up and move!

## Current Diabetes Research Studies:

Type 1 Diabetes Trial Net is working on ways to help people keep making insulin as long as possible. People recently diagnosed with Type 1 diabetes may still be making some insulin of their own. In the GAD study the Trial Net researchers want to test whether repeated injections of a protein called glutamic acid decarboxylase (GAD) will help newly-diagnosed type 1 diabetics continue making some of their own insulin. This study is now closed but there is another GAD vaccine trial under the Diamyd company. For more information look at Diamyd.com or the NIH website: [clinicaltrials.gov](http://clinicaltrials.gov).

Trial Net continues to recruit for The Natural History Study. This study will help researchers understand how type 1 diabetes develops in people at high risk for developing the disease. Family members of people with type 1 diabetes are eligible to be screened for the study if they are: 1. Ages 1-45 and has a brother, sister, or parents with type 1 diabetes. 2. Ages 1-20 and have a cousin, aunt, uncle, niece, nephew, half sibling, or grandparent with type 1 diabetes. The people that qualify to be screened will receive a free blood test to determine whether or not they have antibodies present that have been linked to the development of diabetes. If interested in this study or others you can visit the Trial Net site at [www.DiabetesTrailNet.org](http://www.DiabetesTrailNet.org).



# Liam Gets an OGTT!



I'm still a little sleepy!



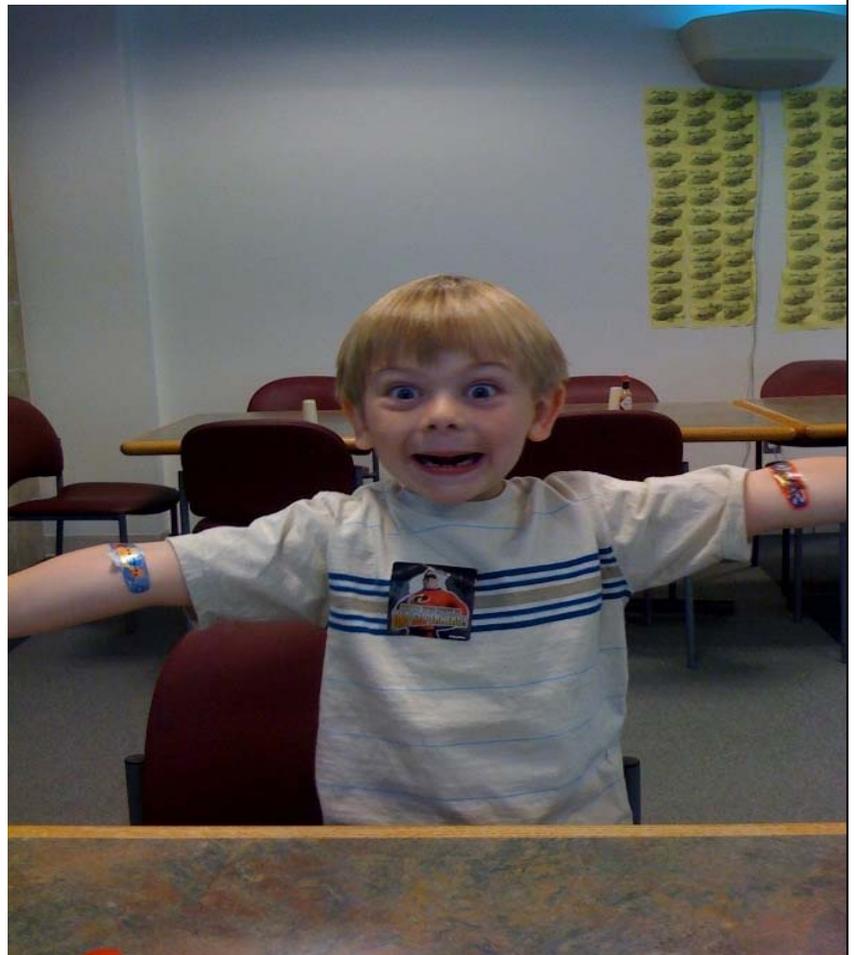
This glucose drink is not that bad!



Little bit of a sugar rush!



I'm watching. They only get one shot at this now that I'm awake.



**DONE!!!!!!!!!!!!!!!!!!!!!!!!!!!!**

## Healthy Snacks To Make As A Family

By Maryellen Dalmagro-Elias, RD, LDN Dietitian Children's Hospital of Pittsburgh of UPMC

Many families ask how can they get their children to eat healthier snacks. One way is to get the children involved with making some fun snacks that are better for them. These snacks are easy to make and the whole family will have fun at the same time. Remember no matter what age your child is, getting them involved with making the meals or snacks is a great bonding time. It also will start to teach them basic kitchen skills and basic nutrition that they will need for the rest of their lives. The recipes I have included are from Eating Well.com. Have fun as a family making these snacks!



### Turkey Rollups

2 servings, 2 rollups each. Activity Time: 5 minutes Total Time: 5 minutes

#### **Ingredients:**

- \* 4 slices deli turkey breast ( about 2 ounces total)
- \* 8 teaspoons honey mustard or mango chutney
- \* 8 sesame breadsticks
- \* Freshly ground pepper, to taste

**Preparation:** Spread each slice of turkey with 2 teaspoons mustard ( or mango chutney) and season with pepper. Wrap each prepared turkey around 2 breadsticks.

**Nutrition:** Per serving: 82 Calories, 4 gm Fat (1 gm Sat and 1 gm Mono), 10 gm Carbohydrate, 3 gm Protein, 0 gm Fiber, 238 mg Sodium. Exchanges: 1/2 Starch, 1/2 lean meat.

### Mini Rice-Cake Stack

1 serving. Activity Time: 5 minutes. Total Time: 5 minutes

#### **Ingredients:**

- \* 8 mini apple-cinnamon rice cakes
- \* 1 1/2 tablespoons natural peanut butter
- \* 4 banana slices

**Preparation:** Spread 4 rice cakes with peanut butter. Top each with a banana slice and the remaining rice cake.

**Nutrition:** Per serving: 297 Calories, 13 gm Fat (2 gm Sat and 0 gm Mono), 40 gm Carbohydrate, 8 gm Protein, 4 gm Fiber, 91 mg Sodium. Exchanges: 1 starch, 1 fruit, 1 1/2 high-fat meat.



## NEWS BRIEFS

### Study Reminder:

When your child turns 6 years of age, an oral glucose tolerance test will be done on him or her. Each site will have more information on the test and what to expect. Also, when your child turns 6, the study nurse or doctor will discuss the antibody results with each family as they are released to each site.

### Moving or Changing Your Phone Number or Email?

Please let your TRIGR site coordinator know ahead of time if possible of your new address and any changes in your home or cell phone numbers. We also like to keep a current email address since many of the families like to communicate with the site staff via email. We want to be able to stay in touch with your family and want to make sure all of our information is current.

# TRIGR Family Album



Jessica picked out this years t-shirt color.



Abigail enjoying her ice cream cone.



Jessica loves her birthday t-shirt.



Kyle and Owen hanging out on a beautiful fall day.



Alexa posing for the camera.



Super Girl Sarah!