



# TRIGR Canada Family News

## Summer Safety

### Water Facts:

- It takes as little as 30 seconds for an infant or young child to fall into water and lose consciousness.
- 40% of infants and young children who drown were being supervised.
- Infants and young children can drown in as little as two inches of water.

### Safety at the Pool

1. No matter how well your child swims, adults supervision is essential
2. Stay within arms reach of your infant, toddler and child at all times
3. Enroll yourself and your children in swimming lessons
4. Learn infant/child CPR and first aid.



### Safety at home

1. Keep a first aid kit, a telephone and emergency number by the pool
2. Keep toddlers out of the

3. bathroom except when supervised
3. Babysitters should not be expected to bathe children.
4. Be alert to the danger of slips and falls in the bathroom

### Boating Safety

1. No matter how good a swimmer, always wear a life jacket or Personal Flotation Device (PFD).
2. Make sure that there is a whistle attached to the PFD.
3. Never stand up on a boat!
4. Before going on a boat trip:
  - a. Check the weather
  - b. Check your chart
  - c. Tell someone where you're going



### Helmet safety facts

1. 64% of cyclists injured in a collision were not wearing a helmet. Most of these injuries resulted in death.
2. In 2000, boys from 10-14

3. 87% of skateboarders involved in a collision were not wearing any protective/safety equipment; 38% resulted in major injury or death.
4. Scooter-related injuries are most common among 8 to 13 year children; 66% of these were boys.
5. Always wear the correct helmet and safety gear! Make sure all safety equipment fits properly and is in good condition.
6. Helmets have a lifespan! Replace helmets every 2-5 years, if it has cracks or dents in it, or after a major impact.
7. Choose a safe location away from traffic to ride on, pick a place with a smooth surface, and stay alert while riding! Learn to obey the rules of the road.

### SunSense Tips

1. Always wear sunscreen outside - even if it's cloudy! The harmful rays will get through even on a cloudy day
2. A suntan is NOT a sign of being healthy - so slip on a shirt, slap on a hat, add some cool sunglasses and complete the look by protecting lips with SPF 15 (or higher) lip balm!
3. When to play outside: When your shadow is short, stay out of the sun! When your shadow is tall go out and have fun!



### Important websites:

- www.lifesavingsociety.com
- www.redcross.ca
- www.ccg.gcc.gc.ca - Safety Boating Guide
- www.bhsi.org - Bicycle Helmet Safety Institute

## TRIGR Canada

Volume 1, Issue 1

Summer Edition

## Message from Gigi Lough, BSc, RN.

### Project Manager for the TRIGR Trial in Canada

Welcome to our First TRIGR Family Newsletter! TRIGR Canada is lead by our Chair and Lead Principal Investigator, Dr. John Dupré. Dr. Dupré is located at the Robarts Institute in London, Ontario and works very hard for all the Canadian Centres at an International and National level. Each TRIGR centre is organized with a Principal Investigator and Co-Investigators, Study Coordinators, Nurses and Dietitians.

TRIGR Canada has rolled out

to include 2 more sites in Saskatchewan, which are Regina and Saskatoon. The Halifax Site has rolled out to include Cape Breton and Prince Edward Island, the Saint John Site has rolled out to include Moncton and Fredericton and the Toronto Site is in the process of rolling out to Hamilton and Kitchener, Ontario. TRIGR Canada is located from West to East and as far north as Edmonton. So, if you are planning on moving within Canada, United States, Europe or Australia it is

possible to move and still say part of TRIGR!

Please check out our new TRIGR website at [www.TRIGRNorthAmerica.org](http://www.TRIGRNorthAmerica.org)! You can direct friends or relatives to the nearest TRIGR location to them!

If you have any questions about the study, please don't hesitate to contact Gigi or Marcy at TRIGR Canada. You can reach us at 1-888-STOP-TID.

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## TRIGR Family Story: Ligia Booth from Ottawa

I guess like most people, I was very ignorant and naive about Diabetes. Unless it affects you personally or someone you know, you don't become aware of its consequences or what it means to your health. Until I met my husband, who is a Type 1 diabetic, I didn't know about the struggles of growing up with this disease. Like most Type 1 diabetics, he was diagnosed at an early age (7 years old).

When I was first approached by my obstetrician about this study, I was a bit hesitant about what would be involved in it. I decided to talk to my mother-in-law (Connie) someone I knew had dealt with this disease. Connie had to be educated and be able to understand this disease very quickly for the sake of her two children that had been diagnosed. I tried to imagine what it would be like to tell your child that he can no longer be like the other kids and that from this point on,

you can no longer have candy, chocolate, ice cream or anything with sugar because it comes at a very high price (your health). How do you tell your child that he has to prick his finger a couple or more times a day to test his sugar level. To learn how to give himself an injection of insulin, which keeps him from getting sick. My husband like millions of other diabetics is still waiting for the right research that will find the cure. Even though there are a lot of advances, research like the TRIGR study, I believe will help in the end, to understand what triggers it and help prevent Diabetes. So together with my husband we decided to enter the study.

When I set up the appointment with the TRIGR nurse I really did not know what to expect. After meeting with Gigi, I realized that this was bigger than what I had expected, due to my husband's Type

1 Diabetes my children are at a higher risk of developing the disease, the data that will be collected from my child, would help this ground breaking study. As it happened my daughter Katie-Maria was the first child in North America to be enrolled in the study due to her risk factor for developing Diabetes. Although it gave us a great deal of sadness to know that she was at a greater risk, we felt proud and honoured that she could be one of the key factors of maybe preventing Diabetes.

The TRIGR study will keep a close eye on my daughter until she is 10 years old. She will be monitored on her nutrition, illness, and medication to see any patterns if she does develop Diabetes. So far, this study has been very educational to my family, and myself and I know Katie-Maria is in good hands, with all caring staff that are connected to this exceptional study.

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## Centre Spotlight: London

London is located in Southwestern Ontario with a population 330,000.

Our TRIGR office is located at St. Joseph's Health Care located in the north end of the city. Babies enrolled in this study are primarily born at this site. In addition, London Health Sciences Centre participates in the south end of London. Recently, two smaller centres have hosted our TRIGR families in the birthing experience- Stratford, 45 minutes northwest and St. Thomas, 45 minutes to the south.

We are proud that St. Joe's has been the principal site for Pregnancy and Endocrinology care in London for the past 5 years. A group of 6 Endocrinologists rotate through a weekly schedule providing care for up to 25 women (having Type 1, Type 2 and Gestational diabetes) each clinic. This system has made it possible for the Study Coordinator to

have consistent access to women in the area that are interested in hearing about the study.

The team:

### **Dr. Jeff Mahon, Principal Investigator**

Dr. Mahon has been an Adult Endocrinologist since 1991. He has a keen interest in Type 1 Diabetes and has been involved in various Type 1 prevention trials since that time.

### **Dr. Ruth McManus, Co-Investigator**

Dr. McManus has been a practicing Endocrinologist for the past 12 years with an interest in gestational diabetes and insulin resistance and is Coordinator of the Pregnancy and Endocrine Clinic.

### **Dr. Cheril Clarson, Paediatric Endocrinologist**

Dr. Clarson is a paediatric Endocrinolo-

gist at the Children's Hospital of Western Ontario. The Diabetes team at Children's Hospital provides clinical service to almost 700 children and adolescents in Southwestern Ontario. Dr. Clarson's major diabetes related clinical interests are in insulin pump therapy and outreach programs. During her fellowship at the Hospital for Sick Children, Dr. Clarson worked with Dr. Julio Martin in some of the initial studies of dietary triggers of Type 1 in the BB rat. She is excited to now be involved with TRIGR, and we welcome her on board.

### **Lynda Bere, Study Coordinator**

Lynda manages the day-to-day operations of the study. She has been a Study Coordinator in various disease sites for the past 10 years, with an exclusive focus in Diabetes/Endocrine for the past 6 years.

**Kid Friendly Recipe - Cranberry Sorbet** **TRIGR Recommended Book: Great Food for Happy Kids**

**Ingredients**

3 cups low calorie cranberry juice cocktail, divided  
 1 package (4-serving size) JELL-O® Brand Raspberry Flavor Sugar Free Low Calorie Gelatin Dessert  
 1 cup cold evaporated skim milk

**Directions**

**Bring** 1 1/2 cups of the cranberry juice to boil in saucepan. Stir juice into gelatin in large bowl 2 minutes or until dissolved. Stir in remaining 1 1/2 cups juice and milk. Pour into 13x9-inch pan. Freeze 1 1/2 hours or until frozen 1 inch from edges. Spoon into food processor

container; cover. Process until smooth. Pour into bowl; cover.

**Freeze** 3 hours or until firm. Scoop into dessert dishes.

**Serving size:** 1/2 cup



**Yield:** Eight servings

**Exchanges:** 1 fruit

**Nutrition:** 50 calories, 3g protein, 9g carbohydrate, 0g

dietary fibres, 0g fat, 0mg cholesterol, 75mg sodium

Found in: [http://www.childrenwithdiabetes.com/d\\_08\\_200.htm](http://www.childrenwithdiabetes.com/d_08_200.htm)



**Book Description**

A cookbook for parents to use from the toddler to the teen-

age years.

**From the Back Cover**

This is a cookbook which will give every busy parent fresh and inventive ideas for healthy meals and snacks for their children, from babies through to teenagers. Author Jesse Frayne has distilled her years of experience as the mother of four and a professional caterer into a wonderful book, chock full of recipes and advice on how to tempt the palate of the fussiest child, what to prepare for a

summer picnic in a park or at the beach, ideas for kids' birthday parties and after school snacks. Jesse believes in giving children a wide variety of healthy and fresh food both to eat and to learn to cook themselves. She has culled many of her recipes from her travels as well as from her own ethnically mixed neighbourhood. *Great Food for Happy Kids* is a book that mothers will not just dip into from time to time, but will want to sit down with and read from beginning to end.

**This book is available on Amazon.ca and Chapters.ca**

If you have suggestions or would like to submit an article, picture or even a "Dear Editor Letter", please do so. We will be glad to try to incorporate your article in our next Newsletter. You can submit articles to our editors either electronically, by fax regular mail - we appreciate and look forward to your feedback!

Have a Great and Safe Summer!

**TRIGR Canada**

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**TRIGR Centres: TRIGR Families can be found all over the world!**

- Canada  
 Calgary  
 Charlottetown  
 Edmonton  
 Fredericton  
 Halifax  
 Hamilton  
 Kingston  
 Kitchener  
 London  
 Moncton  
 Montreal  
 Ottawa  
 Quebec City  
 Regina  
 Saint John

- Saskatoon  
 St. John's  
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