



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 I 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 dia-

betes. 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.



TRIGR Canada

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Hazardous Product Warning: ExerSaucer® Walk Around™



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.

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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.



Centre Spotlight: Montreal

The CAN11 site operates from the PRUDENT Research Unit at the Montreal Children's Hospital. The MCH, which celebrated its centennial in 2004, is part of the McGill University Health Centre, a group of hospitals dedicated to teaching and research.

Since the MCH is not a birthing center, TRIGR participants are recruited from hospitals throughout the region, including the Royal Victoria Hospital, The Sir Mortimer B. Davis Jewish General Hospital, Hôpital Maisonneuve-Rosemont and Hôpital Charles-Lemoyne, as well as our satellite site, Centre Hospitalier de l'Université de Sherbrooke where Caroline Barr is the study coordinator. Hôpital du Haut-Richelieu and Hôpital Pierre-Boucher also assist us by referring patients. The principal investigator at CAN11 is

Dr. Laurent Legault, pediatric endocrinologist and director of the PRUDENT Clinical Research Unit, the Diabetes Clinic, and the Weight Management Clinic at the MCH. Dr. Legault has been at the MCH since 1999. He also practices at Hôpital Maisonneuve-Rosemont and is actively involved in numerous studies, with a focus on pediatric diabetes and obesity.

As manager of the PRUDENT Clinical Research Unit, **CAN11 study coordinator Diane Laforte** has 20 years of experience in research and is a member of the MCH ethic and is a member of the MCH ethics committee. She started out in the nephrology division of the MCH 16 years ago as a site manager for a natural history study of diabetic nephropathy and

obtained her CCRC in 2001. Diane is dedicated to recruitment for TRIGR and doesn't hesitate to make 'house calls'.

The **assistant study coordinator** at CAN11 is **Sabrina Diotalevi**, who has been part of the PRUDENT team for 1 $\frac{1}{2}$ years. Sabrina conducts the dietary interviews, maintains the online database, and composes the CAN11 TRIGR newsletter that is sent out to all the collaborators.

Valérie Gagné, the **study lab technician** for CAN11, started working with us 1 year ago. She performs the blood procurement, prepares the specimen shipments, and delivers study formula to our very appreciative TRIGR families.

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Recipe: Zucchini Muffins

Ingredients:

1	egg	1	cup
50 ml	sugar	1/4	cup
30 ml	oil	2	Tbsp
125 ml	buttermilk	1/2	cup
300 ml	whole wheat flour	1 1/4	cups
5 ml	baking powder	1	tsp
2.5 ml	baking soda	1/2	tsp
10-15ml	cinnamon	2-3	tsp
500 ml	shredded zucchini	2	cups

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.



(Center spotlight continued from page 2)

The team at the CAN11 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 CAN11 in the fall of 2004.

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.

http://www.hc-sc.gc.ca/ahc-asc/media/advisories-avis/2005/2005_90_e.html



HAPPY HOLIDAYS !

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



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!



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**