



TRIGR Family News

Editor's corner

Dear Study families,

It is with mixed feelings that I tell you that our US Coordinator Margaret Franciscus better known as Peggy, has decided to retire. Her contribution to the TRIGR study has been immense, and although we will miss her dearly, we wish her all the best as she ventures into this new phase in her life. I have asked her to write the leading article for our newsletter and to share some of her fondest memories with all of us. It is difficult to say goodbye to someone who has been with TRIGR from the beginning and has become a good friend to many of us. Farewell dear colleague. We wish you well and hope that you will keep in touch!

As a novelty we start to publish the Science Corner. We will pick up interesting scientific articles related to our own study and summarize them.

Matti Koski, Chief Editor

Peggy's TRIGR memories

As I retire from the TRIGR Study, a favorite book of mine from a great author, Dr Seuss, came to mind, "Oh the Places You'll Go!"

Congratulations!
Today is your day.
You're off to Great Places
You're off and away.

So off I went, with "brains in my head and feet in my shoes" to the road that led me to the TRIGR Study in January of 2001. I was on my way to "seeing great sights" and joining the "high fliers (otherwise known as the TRIGR Study Team) who soar to great heights"

Oh, the places I went! My suitcase is filled with many memories and lesson learned.

I have learned:

- That it takes a group of very special people to commit to their jobs on a daily basis - even when the going gets tough – and believe me...we've all experienced that over the years
- That the harder you work, the harder it is to leave
- To choose work that you love
- That the families and TRIGR Study members give selflessly of their time and expertise
- Simple gifts of rocks, pictures, coupons and hugs are far more valuable than any other gifts
- That sometimes a six year old is smarter than me and most of the time a six year old is smarter than me
- Not to trust the GPS
- Not to call the Baltic Sea a lake!
- Whatever can go wrong when traveling, has already happened to me
- M&M's are a must when traveling
- Kid asks hard questions
- That I always do not have the answer to those questions!
- To check to see if any volcanoes will be erupting before traveling
- It's not where you travel, but who you travel with that makes the adventure
- That it is impossible to keep the copier free of paper jams
- It is easier to laugh because "Un-slumping yourself is not easily done"

- That I really appreciate the respect that I was always treated with by my coworkers and families
- What a privilege it has been to be part of a study that has achieved such success
- That life is a “Great Balancing Act”
- My definition of a hero has changed
- And how hard it is to say goodbye

I will miss all of you as I continue my journey.
So I am:

“Off to Great Places!
Today is my day
My mountain is waiting.
So, I am on my way”

Thank you to everyone who has made this
journey so amazing!



Peggy

Science Corner

Hydrolyzed infant formula protects from atopic dermatitis

German Infant Nutritional Intervention (GINI) study investigates the effect of hydrolyzed infant formulas on allergic phenotypes in children with family history of allergic diseases. The participating children have received, for the first 4 months of life, different formulas as substitute for breast milk, if needed. This summer the study published the results of the 10-year follow up of these children. Extensively hydrolyzed casein formula (the formula used also in TRIGR) and partially hydrolyzed whey formula protected the children from atopic dermatitis. This protective effect persisted until 10 years of age, although the strongest effect was seen already during the first 6 years. In contrast, the formulas had no protective effect on asthma, allergic rhinitis, or sensitization to common food allergens. These findings support the present

recommendation to use hydrolyzed formulas in infants with a family history of allergic diseases, if any formula is needed. Next, the GINI study will report the outcome of the 15-year follow-up.

Von Berg A, et al. J Allergy Clin Immunol. 2013 Jun;131(6):1565-73.

Incidence of type 1 diabetes in Finland is no longer increasing

Finland has the highest incidence of type 1 diabetes in the world. This summer encouraging results were published, however: it seems that the incidence among Finnish children younger than 15 years is no longer increasing. There was an accelerated increase in the incidence from the 80's until the peak year of 2006 (incidence 64.9/100,000 children), but since then the incidence has remained fairly stable. The reasons behind this leveling off are still unknown. The explanation could possibly be related to environmental factors, such as increased vitamin D intake, changes in the prevalence of overweight and obesity in children, or changes in enterovirus infections circulating in the population. Whatever the reason, this is a very welcome change and we are hoping that the incidence will remain stable or perhaps even start to decrease.

Harjutsalo V, et al. JAMA. 2013 Jul 24;310(4):427-8.

Kid's Corner

Hi!

Should you have some interesting drawings. We will be happy if you can bring them with you to your Study Center. We will publish some of them on our TRIGR website (either on National or International website). We need also your approval to publish the drawings. We have published on Finnish website the drawings below.



Nice drawings by Ilona and Aame

TRIGR children took part in a “ZappZarapp” Circus project

In August a total of 90 children and adolescents, including two children from the TRIGR study and their siblings, all new to the circus experience, breathed circus air and experienced a very exciting and thrilling week at the circus in Hannover, Germany. After just a few hours of training, they put on two performances of their own circus acts. There were over 300 guests at each of them, and the atmosphere was electric and the applause were tremendous.

But what does “a circus project” mean? – Has it something to do with diabetes or prevention? NO! It was one of the many highlights of the 150th birthday of our hospital foundation. Fun activities marked the celebration with music, cakes, drinks, and a real circus performance by this new young group of artists! It was an exciting time for these circus amateurs, including me, as their clueless and inexperienced trainer!



The trainer group with luminous rags



The German coordinator Bärbel Ashemeier with a diabolos

I had just one day to learn the various circus acts in order to show them to the kids. Acts such as Poi swinging, Fakir, Diabolo, clowns,

fire games, rope skipping, magic tricks, ball running, acrobatics, torch poles, thigh trope, hula hoop, trapeze, juggling and rola. My only experience was with the skipping-rope as a child. But me, performing magic, arts, juggling or balancing on a tightrope? My oh my... But by the end of the day, at least I knew what the exercises were supposed to look like and what I was supposed to do to help demonstrate and train the kids for their circus acts. Then came the moment of truth....the trainers demonstrated the different acts in a short circus performance for the future acrobats, jugglers, clowns, rollers, fakirs, trapeze acrobats etc. The excitement was great for the children and the new trainers too. The circus tent, circus music, tension, and an audience with critical eyes.... A very unique experience for me!



Jule on her unicle (in blue shirt) and with the ladder (in the middle with pink shirt)



Cord as a Fakir (on the left side)

The children had many other things to prepare for as they got ready for their big show like practicing for the Grand Entrance and leaving from the tent. Lots of marching!

As their trainers we wondered.... Will it work?

Well, after only three days of intense training we had our answer. A GREAT SUCCESS!! The Magicians were able to amaze the audience with their acts and tricks. The applause grew as each new trapeze act went higher and higher up under the big top. The glowing juggling balls and fire torches inside the dark circus tent brought light into the fascinated eyes of the audience. The Diabolo players and rope skippers were admired for their skills and I'm sure, some of the spectators were holding their breath as they saw the fakir with the bed of nails. The clowns were great at making the audience laugh over and over again and they received the huge applause they deserved.

The young circus artists enjoyed the praise during the march out and were more than willing to line-up a second time in the middle of the circus tent due to the never-ending cheers and applause.

With the two performances over, although exhausting it was a splendid and exciting circus experience for all the participants. An event, that will leave a lasting memory among all those involved and it may have sparked some interest in a circus career!

Wouldn't we all like to have an experience like this?

Bärbel Aschemeier, German National TRIGR coordinator

Tips to outdoor sport with family training hobby's

In Finland, we give our TRIGR children a frisbee as a small gift at the 11 year study visit. Our study nurse coordinator, Heli Suomalainen, introduces two sports (Disc golf and Geocaching) that can be played by the whole family.



Disc golf (or Frisbee golf) has become more and more popular in Finland. It is played in about 40 countries around the world, primarily in North America, Central and Western Europe and Scandinavia, Japan, South Korea, New Zealand and Australia. The idea of the game is to complete a course from the beginning to the end with the fewest number of throws of the Disc (Frisbee). In this sport several special Discs are used: Putters, Mid-ranges and Drivers. For more information on Disc golf please see: <http://www.pdga.com/>



Geocaching is an outdoor sport, in which players use a GPS receiver or mobile device and other navigational techniques to hide and seek "treasures" called "geocaches" or "caches", anywhere in the world. A typical cache is a small waterproof container that includes a logbook for geocaches to mark the date when they found it and sign it with their code name. The findings are reported also online. After finding the cache, it must be returned exactly to the same place. The containers can also contain small toys etc. and players are free to take these in exchange for leaving something similar. Geocaching is a way to get to know new places in the nature and also to learn orienteering. For more information on Geocaching please see: <http://www.geocaching.com>

Heli Suomalainen, Study Nurse Coordinator, Finland