

## The Trial to Reduce IDDM in the Genetically at Risk



# TRIGR USA

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

### TRIGR Tale From Puerto Rico



Hi, my name is Angelira González from Yauco Puerto Rico. This is my son Derek Junior Galarza González, at this moment he is one year and eight months. My son is in the TRIGR Study. They have been following him since birth.

His nutritionist Jose Vega has taught me how to feed Derek a balanced diet. The study Coordinator Roxana Colon is very kind to my son. She keeps me informed on how well my son is doing.

This participation is very important in the life of my child, because they are following his health and the prevention of developing type 1 diabetes. I thank the TRIGR staff in Puerto Rico, for their dedication and contribution on my son's health.

1-888-STOP T1D  
www.TRIGR.org  
www.trigrnorthamerica.org

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The Recruitment for the TRIGR Study ended on December 31, 2006. Over the last four and a half years, the study has enrolled 5060 internationally. There are 2162 eligible babies in 15 countries.

For the study to be successful, we will need to have all the children remain in the study until they reach the age of 10 years. We ask the families to continue to update the TRIGR sites with new addresses, phone numbers, and email addresses. This is key to our retention goal of 100%.

On behalf of the TRIGR Study, we want to thank you for assisting us in reaching our eligibility goal. We hope you remain part of the TRIGR family for the next ten years. For updates on the study, please go to the TRIGR website at [www.TRIGR.org](http://www.TRIGR.org).

The US TRIGR Team  
Dr. Dorothy Becker, USA Principal Investigator

## TRIGR Family Pays Visit to Pittsburgh Site



A Pittsburgh TRIGR family decided to make a stop at our site on their way home from vacation in New York. Pictured are John, the father, Marissa, the big sister, Ava, our TRIGR "Baby," Donna, the mother, Peggy Franciscus, US TRIGR Project Manager and Dr. Dorothy Becker, the principal investigator for TRIGR USA. After a visit to the Pittsburgh Zoo, the family headed home to Georgia.

## Center Spotlight: PUERTO RICO

Puerto Rico is home to the US TRIGR site #5. Ponce is the second largest city in Puerto Rico. It is also known as: "La Perla del Sur" or Pearl of the South. The Puerto Rico team is based at the Ponce School of Medicine. The Puerto Rico team is made up of these dedicated people:

Dr. Jose Torres-Ruiz is the Associate Dean for Research and Graduate Studies at the Ponce School of Medicine. Dr. Torres-Ruiz is the local Principal Investigator.

Roxanna Colon, RN is the study coordinator. Roxanna spends most of her time driving around the island doing home visits to collect the blood samples needed for the study.

Jose Raul Vega is the study dietitian. Jose takes beautiful pictures as seen in this article. The TRIGR Staff and the people of Puerto Rico are dedicated to finding the cause and a cure for Type 1 Diabetes.



## Nutrition Nibbles

The toddler years can be a trying time when it comes to feeding your child. Here are several tips to make meal times less stressful.

1. Choose foods that are easy to chew. Cut food into bite size pieces.
2. Make one meal for everyone. Include a variety of nutritious foods. Include at least one food your child usually eats.
3. Don't force feed. Let your child control how much he wants to eat. If he eats very little at one meal, he will make up for it at snack time or the next meal. Have more nutritious healthy snacks vs. sweets for snack time.



## Helping Young Children Cope with the Blood Draw Blues

### *Distraction Techniques for Young Children*

Breinne Regan, MS, CCLS

It is very common for young children to have a fear of needles. For some children, even the thought of having a "poke" upsets them. Many children may experience anxiety during blood draws which can cause them to kick, scream, and sometimes bite. When children are upset it can make the blood draw difficult for the health care professional, the parents, and the child. A difficult blood draw can produce negative memories for the child and these memories can remain with the child for many years. Blood draws can be an unpleasant experience for children, their parents, and health care professionals.

Although blood draws can be difficult for children, there are various ways to help them cope with the experience. Here are some tips that may help when a child is having his or her blood drawn.

- \* Bring familiar objects from home such as a blanket or favorite toy. These items help provide a sense of comfort and security for the child.
- \* Ask the child if he or she wants to watch. Some children want to watch; others would rather look away. If a child does not want to watch, have an alternate focus in mind, such as looking at an interesting book or pictures on the wall.
- \* Let the child know what is going to happen. Let the child know who may be in the room, what he or she may see, hear, smell, and feel. Preparing the child for the experience can decrease anxiety.
- \* Parents are strongly encouraged to stay and help their child during a blood draw. Parents can help provide physical comfort, distraction, and assistance.
- \* Provide positive reinforcement and praise during and after the blood draw. Using phrases like "You're holding so still, what a great helper you are" or "Great job, I'm so proud of you!" can prove to be quite helpful.
- \* **Use distraction.** Distraction can be anything from talking with the child to blowing bubbles and singing songs. Distraction techniques vary based on the child's age as well as interests. When distracting a child be sure to remain at his or her eye level and to talk in a calm and soothing voice. Here are some distraction suggestions for the various age groups.



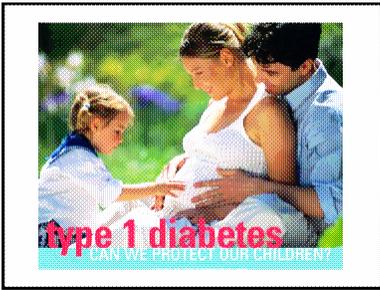
- \* **Infant:** bubbles, mirrors, musical and chime toys, rattles, squeak toys, stacking toys, pop up toys, tub toys, and picture books.
- \* **Preschooler:** bubbles, puppets, pop up books, music, magic wands, wheeled toys, play dough, pinwheels, story books, and stickers.

There are many ways to distract a child. If you do not have any toys with you, be creative. A couple of cotton balls can easily become snowballs or a tourniquet can become a snake. Use your imagination and the possibilities are endless.

These techniques prove to be quite helpful in reducing anxiety and fear in children who are having their blood drawn. Just remember to remain calm, talk in a quiet, soothing voice and use various distraction techniques.

Breinne Regan is a Certified Child Life Specialist. For more information on coping and distraction or the Child Life profession, visit the Child Life Council at <http://www.childlife.org>.





## TRIGR Family Picture Album



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## News Briefs

### Upcoming Events

There are several important events that will be occurring in the next few years. As each child turns 6 years of age, there will be a glucose tolerance test done on your child. Each site will have more information on the test and what to expect. Also, when your child turns 6 years of age, the antibody results will be released to each family. Finally, we will be unblinding the study formula in 2009. This means that we will find out what formula was each of the four colored study formulas.

### Is your family growing?

If you are pregnant or thinking about another child, are you interested in learning about what other research is going on at your current site? Please call or email your study coordinator.

### Moving or Changing Your Phone Number?

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 want to be able to stay in touch with your family and want to make sure all of our information is current.



Would you like to share your photos on the TRIGR website?

Send your study coordinator (contact information can be found on page 1) your pictures and they will be posted on the website at [www.TRIGR.org](http://www.TRIGR.org). Click on

the American flag and then "News and Updates" and you can view other TRIGR children too!

