



# TRIGR USA

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

### Important News Updates

[www.TRIGR.org](http://www.TRIGR.org)  
[www.trigrnorthamerica.org](http://www.trigrnorthamerica.org)

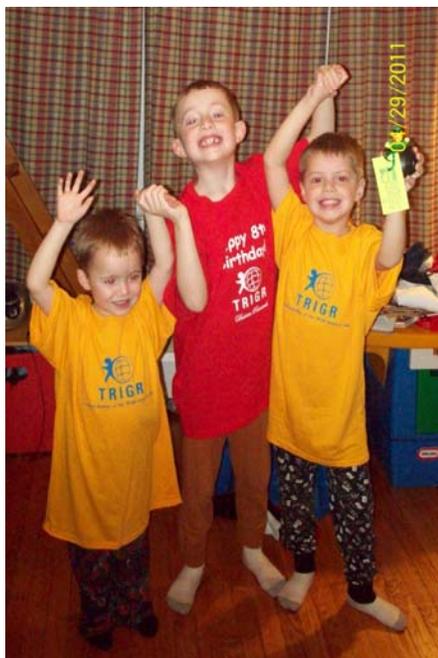
### Pediatric Phlebotomist

The TRIGR Study would like to introduce you to our new pediatric phlebotomist, Chrystal Yates. Chrystal will be traveling throughout the United States to draw blood samples and perform the Oral Glucose Tolerance Tests in some of our family's homes. We are very happy to have her join our research team.

To quote one mom " I've never seen someone who could draw blood as flawlessly and "tearlessly" as Chrystal!"

Brothers in Research, child in birthday shirt is in the TRIGR study and his two brothers are in the TrialNet study.

The boys are happy and having fun after their blood draws. Thanks Chrystal for making this a good experience for our research families.



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### TRIGR Investigators and Coordinators

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### Quest Labs

The TRIGR Study now has an agreement with Quest Labs. You will be able to take your child to the Quest Lab near you to have their yearly blood draw or to have the 6 Year Oral Glucose Tolerance Test done.

If you are interested in a Quest Lab visit, please let your TRIGR site coordinator know. There is special paper work that must be in the blood draw pack for the lab. Please talk to your site coordinator before you make your Quest Lab appointment to prevent a delay in getting the blood draw.



## Cooking With Your Kids!

By Gabrielle Kaplan-Mayer TRIGR Mom and Author of "The Kitchen Classroom"

One of the benefits of growing up with Type 1 diabetes (its been thirty years since my diagnosis) is that I have always been interested in learning about nutrition and the ways that different kinds of foods affect the way that I feel. In my late teens, my interest in nutrition led me into the kitchen where I started learning how to cook and when I went off to college, I regularly cooked dinner for all of my friends. Cooking healthy food and striving to eat well has been one of the most important parts of my living a complication-free life with diabetes.

When my children were born, I knew that I wanted to raise them with an awareness of how food choices would affect their well-being, but I didn't imagine that I would start teaching them to cook when they were still in pre-school. But when my son George, now 8 and a participant in the TRIGR study, was diagnosed with autism at age 3, we started cooking together as part of a cognitive-behavioral therapy to work on his social and communication skills. George struggled with attention and the ability to connect with others, but cooking was- -and is- -an activity that has helped us to work and have fun together. My daughter June, 5, started cooking with us when she was 18 months old. As a parent, I have seen so many wonderful benefits from getting my children into the kitchen-- from their interest in trying different kinds of fruits and vegetables to their developing a sense of hospitality when they help me to cook dinner for guests. I have written about our cooking journey in a new children's cookbook called "The Kitchen Classroom," which features 32 recipes (all gluten and dairy-free) and comes with a CD-Rom of the recipes depicted with photos of every step so that children who are not yet reading can follow the sequence of the pictures.

**Cooking To Boost Developmental Skills:** Because my son has autism, I work with him on developing a number of skills that are challenging for him: fine and gross motor, sensory integration, communication and social skills.

### Having Fun in the Kitchen



**Great Way to Spend Quality Time With the Family.**



**Healthy Eating Does Not Have to be Boring**



Cooking has been a great way for us to practice those skills while making delicious food in the process. Cooking is full of activities that can help all children develop muscle control— think of stirring a thick batter, kneading dough or breaking celery stalks. Cooking together creates an opportunity for social interaction: one of you can hold the bowl, while the other one stirs and then you can change roles. Cooking also offers an opportunity to teach children math (measuring), reading, science, and geography. Whether you have young or elementary age children, you can focus on developmental areas that they are working on when you cook together.

**Where Does Our Food Come From?** As I mentioned earlier, living with Type 1 diabetes for so many years has motivated me to learn how different kinds of foods affect my body. I strive to eat a nutrient-rich diet full of foods containing antioxidants, fiber, low-glycemic index carbs, and lean proteins. While I certainly indulge in treats from time to time— and allow my children to as well— I try to eat as much natural, unprocessed food as possible. Cooking with my children has been a wonderful way to explain to them in a concrete way about where our food comes from and to guide them towards making healthy choices. So many children think of their food as coming from a box or from a package in the freezer. Cooking creates an opportunity for children to understand the different ingredients that go into making a cookie, for example. My hope is that this knowledge will help guide them in making food choices when they are older; preferring a cookie made from eggs, flour, honey, butter, and vanilla to one made up of a long list of ingredients that are difficult to pronounce.

**Connecting and Creating Memories:** Like many busy parents today, I struggle to balance my work and home life. I don't cook with my children every day, but I make a little time a few times a week when we can cook together. It might be making pancakes or eggs for breakfast one day, chopping up fruits for a fruit salad another day and maybe on the weekend, working together to create a yummy lunch or dinner for all of us to enjoy together. Both cooking and eating together are important ways that families share stories and create memories together. It is important in developing healthy habits in our children that we don't rush through meals, but take time to eat in a relaxed way as possible.

It has been really gratifying to watch my son grow in so many ways as we work on cooking together and to see both of my children grow in confidence as they get some good kitchen skills under their belt. As a mom, I hope that I am creating a foundation of good health that will support them as they grow.

Gabrielle Kaplan-Mayer is the author of "the Kitchen Classroom." Visit her web site at [www.kitchenclassroom4kids.com](http://www.kitchenclassroom4kids.com). She would love to hear from you.

## TrialNet

TrialNet is screening relatives of people with type 1 diabetes to find out if these family members are at risk for developing diabetes. Screening involves a simple blood test. Screening can be done on first degree relatives (mom, dad, sibling) of a person with type 1 diabetes if they are between the ages of 1 and 45.

Relatives (cousins, uncles, aunts, nieces, nephews, and half siblings) can be screened if they are between the ages of 1 to 20 years. If you are interested in participating in the TrialNet study, please go to the website for more information at [www.diabetestrialnet.org](http://www.diabetestrialnet.org).



## 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



We love Logan's smile.



Looks like the family is ready for a fun Halloween. We love Gracie's pink hair.



Emily is an angel for her first communion.



Proud brothers Kyle and Owen with baby sister Caitrin.



Sophia eats an apple a day to keep the doctor away.



Lydia is having fun with her brothers at the beach.



Haley is ready to go shopping!