



# TRIGR Canada Family News

TRIGR is celebrating it's 5th Year Anniversary!!!

## TRIGR Family Story: Marie-Hélène Renaud from Montreal



According to my beliefs and knowledge at that time; this disease touched only the obese and elderly people! Finally, my fears went away as soon as I learned to live with this disease and I could do whatever I wanted to do

I was diagnosed with Type 1 diabetes when I was 18 years old. At that time, I had the impression that my life would be destroyed by this disease and ac-

(except scuba dive). I studied, traveled, worked and my biological clock ticked: and yes, I wanted children, more than anything else in the world. My hus-

band and I had discussed at length the possibility that our children could develop the disease, but we were ready to take our chances and hoped that they would be in perfect health. After all, we knew perfectly that this disease did not minimize my life. I became disciplined and created a daily routine despite many nutritional compromises.

During my pregnancy, that unfolded wonderfully, I was followed by a team with lots of attention from specialists at the clinic, the High Risk Pregnancy Clinic, at the Saint-Luc Hospital in Montreal. It was at these bi-monthly visits that I was ap-

proached to participate in the TRIGR study. At first, it was clear to us that we would participate in the study only if I had the possibility of breastfeeding our baby. The nurse quickly reassured us about breastfeeding and answered all of our questions about the methods of the study. Having studied in biology and environmental health, I had been seduced by the idea to also participate, by way of my son, to

*(Continued on page 3)*

### TRIGR Canada

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## Message from John Dupré, MD

### Principal Investigator, TRIGR Canada

Dear TRIGR Families,

First and foremost, I would like to thank each of you for your participation in TRIGR. This is a special time for us, as TRIGR celebrates its fifth anniversary of our inaugural meeting. That meeting, supported by a grant from the Hospital for Sick Children Foundation, Toronto, was held at Pearson Airport in Toronto, Ontario. Representatives joined from Vancouver, Calgary, Winnipeg, London, Hamilton, Ottawa, Toronto, Montreal and St. John's. Colleagues from our centres in

the US joined us, as well as representatives of the European group based on Helsinki, who had carried out the pilot study. The Canadian TRIGR group was strengthened by addition of teams from Halifax, Quebec City, Edmonton, Saint John (NB), and Kingston. Most recently teams from Saskatoon and Regina have further strengthened TRIGR Canada. The process of establishing the Canadian TRIGR has been carried out with success, as demonstrated by our recruitment. The excellent work of the Ca-

nadian Coordinating Centre in Ottawa has been critically important to this success; the coordinating and data management functions are clearly complementary, and good communications with the corresponding coordinating groups in the US and throughout the study have been established. When we set out to carry out TRIGR we believed we could do it. Now we know it is being done effectively, as we reach the halfway mark in recruitment and move into the equally demanding fol-

*(Continued on page 2)*

### Inside this issue:

Message from Dr. Dupré, P.I. continued	2
Teardrop Helmets	2
Centre Spotlight: Vancouver	2
Giggles and Riddles	2
Family story continued	3
Scalds and Burns Protection	3
JDRF - Kids For a Cure Lobby Day	3

(Continued from page 1)

low-up phase. What we have done is to establish a remarkable and unprecedented model for the conduct of a placebo-controlled intervention trial with recruitment of newborns. Now that all the necessary elements are in place, what we now have to do is to complete the study according to the plan. And I believe we will succeed.

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!

## 'Teardrop Shaped' Bike Helmets



During the last couple of years, the technical staff at the Head Protection Research Laboratory (HPRL) in the University of Southern California has encountered an interesting and possibly dangerous-problem with the aerodynamic-shaped or streamlined bicycle helmets. These popular helmets have a teardrop design which tapers to a wedge at the rear of the helmet, supposedly reducing aerodynamic drag along with increased ventilation through the many openings in the shell. The adverse effect of this aerodynamic shape is that the wedge at the back of the helmet tends to deflect and rotate the helmet on the head when impact occurs

there. Unfortunately, the implication of helmet displacement and possible ejection in an actual accident impact did not register as a real hazard in previous years of testing, but now there are accident cases appearing that show this to be a genuine hazard for bicycle riders wearing these streamlined helmets. Accident impacts at the rear of these streamlined helmets can cause the helmet to rotate away and expose the head to injury, or eject the helmet completely. The forces generated from the wedge effect can stretch the chinstraps very easily, and even break the retention devices.

For more information:  
<http://www.bhsi.org/whatsnew.htm>

## Centre Spotlight: Vancouver

The TRIGR Study Centre is located at Children's & Women's Health Centre of British Columbia (C&W) in Vancouver. C&W has the largest maternity hospital in Canada, and is the tertiary obstetrical referral centre for B.C. Most of the recruitment is done from referrals at C&W, and most of the babies are delivered here. We also recruit in other centres throughout B.C.

The Vancouver TRIGR team:

**Dave Thompson (PI)** is Acting Head of Endocrinology at the University of B.C. (UBC). He works in the Diabetes in Pregnancy Service at BC Women's Hospital (BCW) and at Vancouver Hospital. He also heads the

Best Care arm of Vancouver's Islet Transplant Study.

**Dan Metzger** is a Pediatric Endocrinologist in the Endocrinology & Diabetes Unit at B.C.'s Children's Hospital. He is a Clinical Associate Professor of Pediatrics at UBC.

**Nancy Kent** is a Clinical Associate Professor of Obstetrics at the UBC, and is a perinatologist at BCW. She is the Director of the Obstetrics/Gynecology Residency Program at UBC.

**Colleen Marshall** is the study nurse for the site. Her background is in Obstetrics (Labour & Delivery) and she has been a

member of the Diabetes in Pregnancy team for years.

**Debbie Higo** is the study dietitian for the Vancouver site. She has been working at BCW for the past six years, with an interest in gestational diabetes and maternal nutrition.

**Cheryl Taylor** is a dietitian at C&W who recently joined the team and is assisting in study coordination. She completed her Dietetic Internship at the Moncton Hospital in N.B., and has worked for several years in medical sales.

## Giggles and Riddles

I go around in circles but always straight ahead...never complain, no matter where I am led. What am I?

Answer on Page 3



A man and his wife were having problems at home and were giving each other the silent treatment. Later in the week the man realized that he would need his wife to wake him at 5:00 a.m. for an early morning business flight to Chicago. Not wanting to be the first to break the silence (AND LOSE), he wrote on a piece of paper, "Please wake me

at 5:00 am". The next morning the man woke up, only to discover it was 9:00 a.m. and that he had missed his flight. Furious, he was about to go and see why his wife hadn't woken him when he noticed a piece of paper by the bed. The paper said, "It is 5:00 a.m. Wake up." Men are not equipped for these kinds of contests.

(Continued from page 1)

learn certain aspects of this disease that hits so many people everywhere in the world.

We were impressed with our first visit by the professionalism of the research study team at the Sainte-Justine Hospital for children. The nurse, the pediatrician and the dietitian were very attentive in our regard, taking the time to really answer our questions and also teaching me new things, especially me, an "old" diabetic for 13 years! We soon realized at this point how lucky our son is to be followed for 10 years by sympathetic specialists who will guide us with our nutrition, our health and the knowledge should he develop the disease. We are confident that the conclusions of the TRIGR Trial will permit the core medical group, all over the world, to better inform the at risk population about the disease and hope to prevent it.

## Protect your child from scalds and burns

### Is your tap water too hot???

Lower your water temperature. Hot tap water could burn your child!



Many Canadian homes have hot water that is 60° Celsius. This could burn your child within 1 second. The water from your hot water tap should be 49° Celsius (120° Fahrenheit).

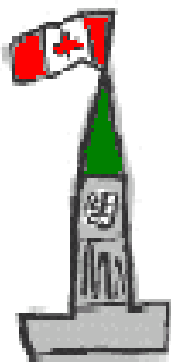
How to find out the temperature of your water tap:

1. Use a thermometer that can show high temperatures, like a meat or candy thermometer.
2. Turn on the hot water tap in your bathroom. Let it run for 2 minutes. If you have used a lot of hot water in the past hour, wait 2 hours before you do this test.
3. Fill a cup with the hot water. Put the thermometer in the cup.
4. Look at the temperature. If it is higher than 49° Celsius (120° Fahrenheit), then lower the temperature of your tap water by:
  - Lowering the temperature of your hot water heater to 49° Celsius (120° Fahrenheit).

- Asking your landlord to lower the temperature of your hot water
- Putting anti-scald devices on your taps (you can look at your local plumbing store for these)

**Website of the month:**  
<http://www.caringforkids.cps.ca/>

## Kids for a Cure Lobby Day in Ottawa is back!!!



**KIDS FOR A CURE**

Kids for a Cure is a grassroots movement where kids directly affected with Type 1 diabetes are advocates for their own cure. Meeting with Members of Parliament across the country and in Ottawa, kids share their stories of what it's like living with Type 1 diabetes and why the federal government's involvement in funding research for a cure is critical.

Kids for a Cure Lobby Day will be taking place this year in mid fall. How to be part of this special day will be posted on our website very shortly. If you have any questions, please send an e-mail to [advocacy@jdrf.ca](mailto:advocacy@jdrf.ca). Let's make this year another great success!!!

To find out more about lowering your water temperature, call 1-888-SAFE TIPS or visit [www.safekidscanada.ca](http://www.safekidscanada.ca)

Answer to riddle from page 2:  
**Wheelchair**

**FREE SPACE FOR USE!!**

Have some news?  
Something interesting?  
A neat picture?  
Fill our space!  
All entries welcome

