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### PITTSBURGH TRIGR STAFF

#### Children's Hospital of Pittsburgh

**Dr Dorothy Becker**  
**Dr M. Trucco**  
**Peggy Franciscus**  
**Anita Nucci**  
**MaryEllen Dalmagro-Elias**  
**Jan Bartos**

**Magee Womens Hospital**  
**Dr Kristine Lain**  
**Dawn Salerno**

**Allegheny General Hospital**  
**Dr Carol Gilmour**

# TRIGR PITTSBURGH



## Message from the Pittsburgh TRIGR Team

TRIGR has been enrolling families in the study since May, 2002 and will continue to recruit families until May of 2006.

In Pittsburgh, we have had 113 families enroll in the study and 36 of these babies have been eligible to remain in the study.

In the United States, we have enrolled 568 families in the 6 sites and 189 babies remain in the study.

In North America, the United States and Canada, there have been 1,313 families enrolled and 467 babies eligible.

In Europe and Australia, they have 1,442 families enrolled and 558 eligible babies.

The international total for enrollment is 2701 families and 994 eligible babies.

This is one of the largest international studies on nutrition and the development of Type 1 diabetes.

We would like to take this time to thank every family for your contribution to this very important research.

Peggy Franciscus, RN

Pittsburgh Study Coordinator

USA Coordinator

## GREAT JOB PITTSBURGH FAMILIES

The Pittsburgh site has a **99%** compliance rate for obtaining the necessary follow up blood samples on our eligible babies. Thanks to the dedication of the families enrolled in the Pittsburgh site for making us **#1!**



## Refer a mom to the Study!

We will continue to recruit families for the study until May of 2006. If you know of any one who might be eligible, please have them contact me at 1 800 647 5437, x5250 or email me at [margaret.franciscus@chp.edu](mailto:margaret.franciscus@chp.edu). A pregnant woman who has Type 1 diabetes, or they have a child with Type 1 diabetes or the father of this baby has Type 1 diabetes, would be eligible to participate.

To show our appreciation to any family who refers a mom to the study, we will send them a special gift.

As a reminder, if your first baby was not eligible for the study, you can still enroll if you are pregnant again.



### PARENTING TIPS

#### Chicken Soup, yes; Antibiotic, no:

##### What not to do about colds and flu.

It's the cold and flu season. Your child's nose has been running for 3 days, he's coughing and he has a sore throat. Does he need antibiotics? Probably not.

"Colds and flu are caused by viruses, and antibiotics don't work against viruses," says Evelyn Reis, MD, a pediatrician at Children's Hospital of Pittsburgh. "Using antibiotics when they're not necessary can reduce their effectiveness in your child when they are not needed.

There are times, however, when you may need to call your child's doctor. A cold is usually a mild illness, and symptoms include runny nose, cough and sore throat. The flu, on the other hand, can be more serious. It usually starts suddenly with fever, chills and muscle aches, and can lead to complications, including pneumonia.

"Call your doctor if you notice difficulty breathing, dehydration, fever lasting longer than 3 days, lethargy or any other symptoms that concern you," says Dr Reis, "But for most children with cold or flu, just focus on relieving symptoms. Use only non aspirin pain relievers like acetaminophen or ibuprofen, and always follow package

directions. Frequent hand washing is the best way to prevent the spread of colds or flu."

A flu vaccine is available and should be given to high risk children, such as those with Type 1 diabetes. A flu shot may be given to any child over 6 months of age. Now is the best time to get a flu shot, so call your child's doctor for advice. ♥

per age of the child, per food group, or about 1/4 of an adult serving. Since your child needs smaller servings, they will need to eat more frequently with 3 meals and 3 snacks per day. If your child does not eat well at one meal or snack, they will probably eat better at the next meal. This is not uncommon with toddlers.

Try to develop good eating habits now. Children learn by example, so try to serve balanced, healthy meals for the whole family. Include a variety of food choices. It may take 10-20 times before your child will accept a new food. Always have 1 or 2 familiar foods at the meal when you are trying a new food. Praise your child when they eat well. Avoid "sugary" treats. Remember, these foods contain "empty calories", meaning they have no nutritional value. Offer healthy snacks, such as peeled/chopped fruit, 1/2 slice of bread, crackers, small cubes of cheese, pudding or a small pancake with applesauce. If you have particular questions about your child's eating habits, talk to their doctor. For information on healthy foods for your child, contact the study dietitian. ©

### NUTRITION NEWS



#### FEEDING YOUR TODDLER

The first year of your baby's life has been an exciting time with many changes taking place. Introduction of food is just one of the changes that you have experienced. As your child grows, their personalities will shine through at meal times because they are looking for more independence. It is important to encourage self feeding and the use of finger foods. Try to remember when feeding your child that their portion size needs to be smaller than an adults. A good rule of thumb is one tablespoon

### TYPE 1 DIABETES FACTS

- Type 1 diabetes affects 1 in 500 people
- People of any age can develop Type 1 diabetes
- Most people (90%) with Type 1 diabetes have no other relatives with diabetes
- Parents, brothers and sisters of someone with Type 1 diabetes have approximately 1 in 20 chance of developing it
- Type 1 diabetes is **NOT** inherited but the **RISK** of it can be in the genetic make-up, even when there are no known cases of Type 1 diabetes on either side of the family
- If a mother has Type 1 diabetes, her children have a 3 in 100 risk
- If a father has Type 1 diabetes, his children have a 6 in 100 risk
- Families that have two or more people with diabetes do not have a higher genetic risk factor



**KID FRIENDLY  
RECIPE  
ENGLISH MUFFIN  
PIZZA**

English muffins – split

1 small can (8oz) tomato sauce

Strips or grated cheese. Try your favorites.

Additional toppings as desired (meats, chicken, fruits, vegetables)

Top each muffin with 1-2 tablespoons of sauce, cheese and toppings. Place on cookie sheet and bake at 350° until cheese melts. Cut into quarters and let cool before serving.

**Nutritional Information**

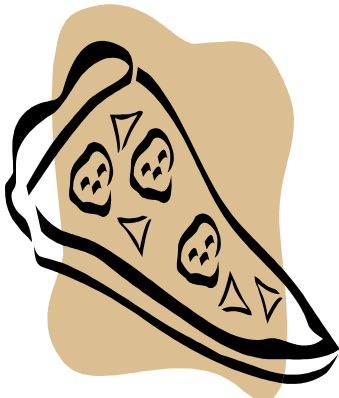
½ English muffin with 1 tbsp of sauce and 1 oz of Mozzarella cheese:

15 GM Carbohydrate

9 GM Protein

5 GM Fat

141 Calories



**HAPPY BIRTHDAY  
ONE YEAR OLDS!**

**CHAIM**

**MATTHEW**

**EMILY**

**JACOB**

**SOPHIA**

**ADEINA**

**JAKOB**

**JADEN**

**BRAEDEN**

**MICAH**

**GEORGE**

**TRENTON**

**NIKOLAS**

**CLIFFORD**

**CELIA**

**SARAH**

**ALISON**

**JESSICA**

**ZACHARY**

**ANTHONY**

**ADAM**

**GRACIE**

**ATHANASIA**

**TWO YEAR OLDS!**

**LAUREN**

**BRANDON**

**JORDYN**

We're looking forward to watching you grow.

**WINTER SAFETY  
TIPS**

**FROSTBITE  
PREVENTION**

Everyone is susceptible to frostbite and “frostnip,” but children are at greater risk than adults because they lose heat from their skin faster.

**IDENTIFYING FROSTBITE**

Early frostbite is characterized by waxy, white and hard skin that feels numb and has a persistent burning sensation.

**IDENTIFYING FROSTNIP**

An earlier form of frostbite is called “frostnip”. It usually affects the ears, nose, cheeks, fingers and toes. The affected area will be white and numb

**PREVENTION**

- Do not go outside in very cold weather after a recent bath or shower
- Wear warm clothing and dress in layers
- Bring children in at regular intervals and inspect fingers and noses for signs of frostbite or nip

*frostbite cont*

- Keep dry. Wet clothes increase chance of heat loss

**TREATING FROSTBITE**

**Do Not:**

- Rub or bump the affected area.
- Use direct heat such as a heating pad or hair dryer to warm affected area
- Pop blisters that appear.

**If you are unable to get a child with frostbite to the hospital right away, begin first aid**

- Give the child something warm to drink. Keep hydrated.
- Keep child warm with clothes and blankets.
- Soak frostbitten area in warm water. Dip your elbow in the water. If it is too hot for your elbow, it's too hot for the child. Maintain water temperature by adding warm water if necessary.
- Soak affected area until it becomes pink.
- If face is frostbitten, use a soft cloth that has been soaked in warm water and wrung out.
- The child may have a burning sensation after warming.
- The affected skin may blister, swell, become painful or turn blue, red or purple.
- Seek medical attention as soon as possible.

**TREATING FROSTNIP**

- Get the child indoors
- Remove wet clothing
- Submerge affected areas in warm water.
- Keep affected areas in water until they turn red



**TRIGR Recommended Book**

**“Great Food for Happy kids”**

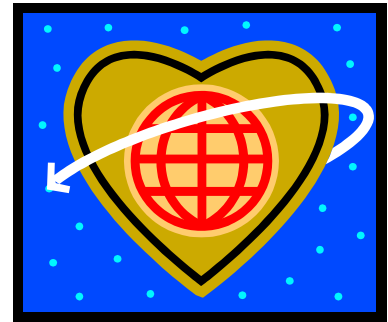
*A cookbook for parents to use from the toddler to the teenage years.*

**From the Back Cover:**

This is a cookbook which will give every busy parent fresh and inventive ideas for healthy meals and snacks for their children, from babies through to teenagers. Author Jess Frayne has distilled her years of experience as the mother of four and a professional caterer into a wonderful book, chock full of recipes and advice on how to tempt the palate of the fussiest child, what to prepare for a summer picnic in a park or at the beach, ideas for kid’s birthday parties and after school snacks.

Jesse believes in giving children a wide variety of healthy and fresh food, both to eat and to learn to cook themselves.

She has culled many of her recipes from her travels as well as from her own ethnically mixed neighborhood. *Great Food for Happy Kids* is a book that mothers will not just dip into from time to time, but will want to sit down with and read from beginning to end. ☺



**TRIGR Sites Around the World**

**UNITED STATES**

- |            |             |
|------------|-------------|
| Pittsburgh | Los Angeles |
| Seattle    | Puerto Rico |
| St Louis   | New York    |

**CANADA**

- |             |             |
|-------------|-------------|
| London      | Montreal    |
| Vancouver   | Halifax     |
| Calgary     | St John’s   |
| Edmonton    | Fredericton |
| Winnipeg    | Moncton     |
| Ottawa      | Kingston    |
| Toronto     | Regina      |
| Hamilton    | Saskatoon   |
| Quebec City |             |

**EUROPE**

- |                |             |
|----------------|-------------|
| Czech Republic | Poland      |
| Estonia        | Spain       |
| Finland        | Sweden      |
| Germany        | Switzerland |
| Hungary        |             |
| Italy          |             |
| Netherlands    |             |

**AUSTRALIA**

- Westmead
- New Castle
- Randwick

TRIGR is a true international study!

Company Name  
Number Street Address  
City, State Postal Code  
Country



ADDRESS CORRECTION REQUESTED

