



iCARE Newsletter

Improving Renal Complications in Adolescents with Type 2 diabetes through Research (iCARE)

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INSIDE THIS ISSUE:

ICARE bio: Melissa	2
Waywaysee-cappo visit	2
Debunking myths	2
The Patient Voice	3
Upcoming Events	3
Join our Advisory team	4
Recipe	5

What is iCARE?

Children are increasingly being diagnosed with type 2 diabetes across Manitoba. iCARE follows children with type 2 diabetes that have been treated at the Diabetes Education Resource for Children and Adolescents (DER-CA) in Winnipeg. Although iCARE sounds like a study focusing on eye health, the main focus is actually on kidney health. Over the last 20 years we have found that children with type 2 diabetes have a **very high risk of having kidney failure** (up to 50%) when becoming adults later in life.

Little is known about why children are at such high risk, so our team designed the iCARE study to identify the most important risk factors in childhood that are linked with early signs of kidney disease (protein in the urine is an early sign of kidney disease).

While high blood sugars and

blood pressure have been the most important risk factors for adults, our iCARE advisory group suggested that mental health is also really important as well as access to social supports, healthy foods and places to be active.

We listened to our patient partners and included these measures in our study. We are now working to understand how mental health support can be made more available in our clinic. More information on our iCARE patient advisory group is on page 2.

We have now recruited 208 of the target 400 youth and have expanded the study to 8 other sites in 5 Canadian provinces. Our early findings do also support the importance of blood sugar control and blood pressure, but we are also looking at

factors like stress. The hormonal effects from stress can increase inflammation in the body, which does **indirectly** affect kidney health.

iCARE is a study designed to address the high rates of kidney damage in youth who have type 2 diabetes.

Environments, Genes and Chronic Disease led by Vern Dolinsky

We are currently recruiting 100 youth that **don't have diabetes** to compare with the iCARE study participants in order to **understand why youth develop diabetes at such a young age**. This study will include an epigenetic analysis, which studies how genes are turned off or on.

Children that are born to mothers with diabetes may have some protective genes turned off, or risk genes turned on. This knowledge could lead to new therapies to prevent diabetes onset in children that are at higher risk of having type 2 diabetes.

If you know someone 10-20 years of age that might be interested in participating ask them to call **Melissa at (204) 789-3827**.

iCARE Researcher Bio: Melissa



Melissa is the iCARE Study Coordinator based out of Winnipeg

“Hi, I’m Melissa! I’m the iCARE Study Coordinator and my job is to recruit people into the study, complete follow up appointments with our study participants, and to make sure we have the resources we need to complete study visits.

This study is important because many youth are living with type 2 diabetes and the information that will be gained from studies like

iCARE can really make an impact on the individuals and families living with this condition.

I would encourage anyone to participate in research. It’s a great way to get involved in new experiences, meet new people, and learn a thing or two about yourself that you might not already know.

I’m a scientist at heart and it’s exciting when I can

introduce someone to the wonderful world of research.

When I’m not working on the iCARE project you can find me in the kitchen cooking, baking, or creating a new recipe!”

“Information from studies like iCARE can really make an impact on the individuals & families living with type 2 diabetes”
-Melissa Gabbs

Waywayseecappo site visit

“With the support of Arlene Griffiths and the rest of the team at the Waywayseecappo Health Center, Melissa and Farrah were able to visit the community of Waywayseecappo to screen youth for diabetes and recruit controls for the iCARE Cohort Study. Controls are participants in the study who do not have diabetes. These participants are important because they act as a comparison group to the youth in our study who *do* have diabetes. During our time there we were able to screen 16 youth for diabetes and also include them as controls in the iCARE Cohort Study. It was a wonderful experience to be in the community and share a little more about what we do with the families, health center staff, and community members.” - *Farrah, iCARE Research Assistant*

DEBUNKING MYTHS

Myth: If you are overweight or obese, you will eventually develop type 2 diabetes

Fact: Type 2 diabetes affects kids of all sizes, not just those who are overweight or obese.

The importance of the patient voice in research:



The iCARE participant advisory group (2017)

The iCARE participant advisory group (PAG) began in 2015 and is made up of youth and their caregivers living with type 2 diabetes in Manitoba.

The PAG is an opportunity to meet others living with type 2 diabetes, share your story and let us know what should be a priority in type 2 diabetes research.

There are 6 youth members (between the ages of 14 and 19) and 7 caregivers on our team. And while many of our advisors currently live in Winnipeg, others drive in from places like Pine Falls and Wayseecappo.

Although this group meets about 5 times a year in Winnipeg, we also have a private Facebook group to share ideas and stay connected with one another.

So what has our advisory group been up to? The group recently created a video to share what it can be like to live with type 2 diabetes, highlighting the importance of mental well-being. These days we've been working on a booklet for other youth who have been diagnosed – to share success stories, recipes and tips for managing diabetes.

To check out the video made by our advisory group, search 'Improving renal complications in Adolescents with type 2 diabetes (iCARE)' on youtube or click [here](#).

We're currently looking for more advisors on our iCARE team! If you're interested, please contact icare@chrim.ca or call (204) 789-3827.

“The advisory group has been really critical to ensure that mental health is a component throughout”

-Dr. Allison Dart, *iCARE* researcher

Upcoming Events:

The 6th Diabetes Research Envisioned and Accomplished in Manitoba Symposium:

November 15th and 16th. University of Manitoba, Bannatyne Campus. Winnipeg, Manitoba. *Free Registration.*

For more information, please visit <http://www.dreamdiabetesresearch.com/annual-symposium>

The 5th annual Indigenous Health Research Symposium: *Looking forward, pushing back: Research, Resistance, Resurgence.*

November 22-23, University of Manitoba, Bannatyne Campus. Winnipeg, Manitoba. Register by **October 15th, 2017.** *Free Registration.*

For more information contact: (204) 789-3250 or email indigenoussymposium@umanitoba.ca.

HAVE YOUR SAY IN TYPE 2 DIABETES RESEARCH

JOIN ICARE'S TEAM OF PATIENT ADVISORS

Meet Jackie, iCARE co-chair & advisor:



"I live in Waywayseecappo First Nation. I'm Ojibwe with Irish descent and I am a mother of 5 children. I was diagnosed with Type 2 diabetes 5 years ago and many of my family members live with this disease - but I do not let this disease define me.

My oldest son was diagnosed with Type 2 diabetes 2 months before his 13 birthday. This was not a complete shock but devastating news for my son and my family. Throughout his teenage years he was seen at the Children Adolescent clinic at the Health Science Centre.

As the co-chair of the iCARE Advisory Group I am very passionate about this research. I have been given a rewarding opportunity to contribute in a meaningful way to assist in the direction of type 2 diabetes research."

ICARE (Improving Renal Complications in Adolescents with Type 2 Diabetes through Research) is a study that will determine the risks that contribute to kidney damage in youth living with type 2 diabetes.

We're looking for youth (15-18 years old) and caregivers living with type 2 diabetes to share their voice in our advisory group.

If you are interested in joining the iCARE Participant Advisory Group, please contact:
icare@chrims.ca, (204) 789-3827 or talk with your doctor at clinic



UNIVERSITY
OF MANITOBA



Improving Renal Complications in
Adolescents with Type 2 diabetes
through Research (iCARE)

**To get in touch, contact
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Improving Renal Complications in Adolescents with
Type 2 Diabetes through Research (iCARE) is a national
study that will recruit 400 children with type 2 diabetes
across Canada. Based in Winnipeg, the study will follow
participants for two years and assess both heart and
kidney outcomes. The goal is to determine the risks
that contribute to kidney damage in youth living with
type 2 diabetes.

Autumn Pasta

Ingredients:

1 cup of uncooked whole grain
pasta
2 cups tomatoes, diced
2 cloves garlic, minced
2 tablespoons olive oil
8 cups baby spinach
3 tablespoons of shredded par-
mesan
1 tablespoon balsamic vinegar
Dash of salt and pepper to
taste

Cooking Instructions:

1. Cook the pasta according to
the package directions. Drain.
2. While the pasta is cooking,
place a large nonstick pan over
medium-high heat. Once the pan
is hot, add the oil and spinach
and sauté for about 3-4 minutes,
until wilted. Add the tomatoes
and cook for 3 minutes. Add the
garlic and sauté for 30 seconds.
3. Add the cooked pasta to the
pan with spinach and tomatoes,
and add the remaining ingredi-
ents. Cook for 1 minute and toss
together.



Serves 4
310 calories
14 g of protein
4 g of sugar
9 g of fat
50 g of
carbohydrates
10 g fibre
150 mg sodium