



iCARE Newsletter

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

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Did you know the iCARE study works with kids across Canada?

Did you know that the iCARE (Improving Renal Complications in Adolescents with Type 2 diabetes through Research) study has sights across Canada?

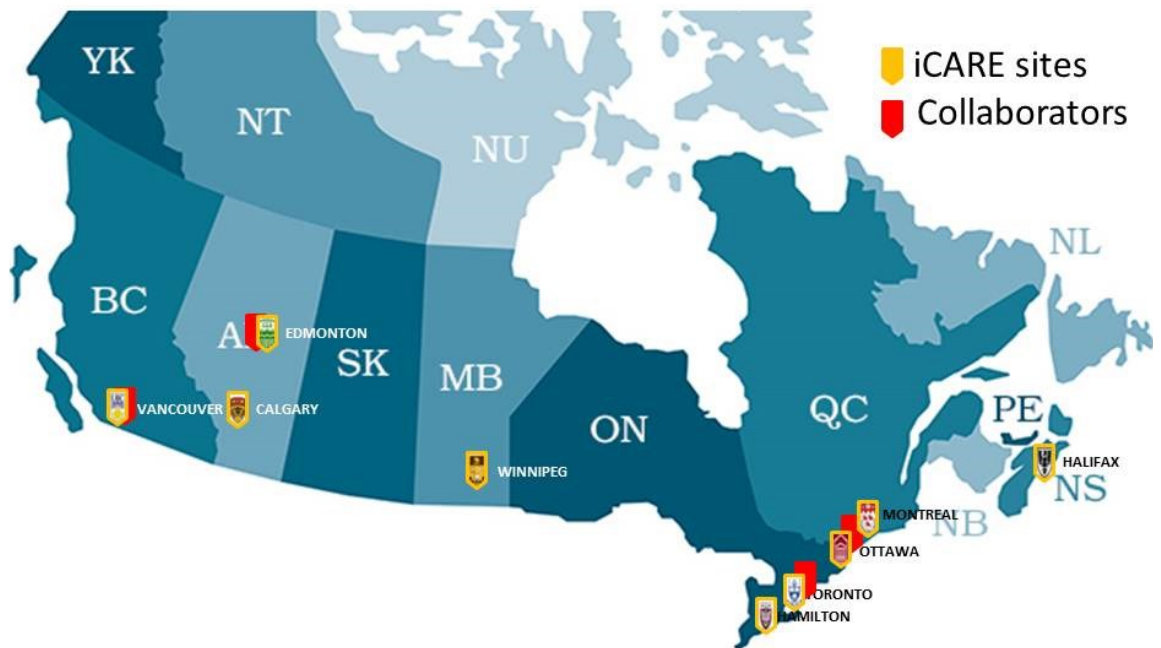
That's right, researchers are working with kids living with type 2 diabetes across different parts of Canada to find out what the most important factors are for keeping kidneys healthy.

The University of Manitoba in Winnipeg is the main study site and sees kids from all over Manitoba and Northwestern Ontario.

The iCARE team has partnered with researchers coast to coast, including Alberta, British Columbia, Quebec, Nova Scotia and Ontario.

This will give our team a bigger snapshot of kids living with type 2 diabetes from coast to coast. What are the factors emotionally, physically and spiritually that can make our kidneys as healthy as possible?

Stay tuned for more exciting updates!





Farrah is a research assistant for iCARE, based out of Winnipeg

*“Our appointments give me an opportunity to spend time with our participants and form an experience that I hope makes the experience enjoyable”
-Farrah Jabar*

iCARE Researcher Bio: Farrah

“Hi, I’m Farrah! I’m a research assistant with the iCARE study. As a research assistant I arrange study visits and make sure that our results are up-to-date so that we can plan for future visits.

Our follow-up appointments give me a chance

to spend time with our participants and form a relationship that I hope makes the experience fun and enjoyable.

In my spare time I enjoy watching movies and cuddling with my cat, Fitz!”

Garden Hill Site Visit

In February 2018, several members of the iCARE team travelled to Garden Hill First Nation to see participants for follow up visits and to recruit controls for the iCARE and Next Generation Studies. Dr. Allison Dart, Melissa Gabbs, Farrah Jabar, and Pusha Sadi were in the community for three full days and were able to see more than 20 individuals. Visiting communities is really beneficial to the study because following up with participants who are over 18 is challenging as many are not coming to Winnipeg for regular appointments anymore. Going to visit communities allows us to meet the community leaders, make connections with local health care providers, and often meet the whole family of our participants who live there!

DEBUNKING MYTHS

Myth: Your doctor prescribing insulin medication means that you’re not a good enough job of taking care of your diabetes.

Fact: At first, you may be able to keep your diabetes under control with a healthy diet and oral medication. But overtime, your body may create less insulin. Taking insulin to get your blood sugars under control may be really important for your health. Talk to your doctor if you have

Living with Type 2 Diabetes:

Youth advisors from our iCARE advisory group have been working hard on a booklet for other young people living with type 2 diabetes. This book is meant to support, give advice and knowledge around ways to manage type 2 diabetes (T2D).

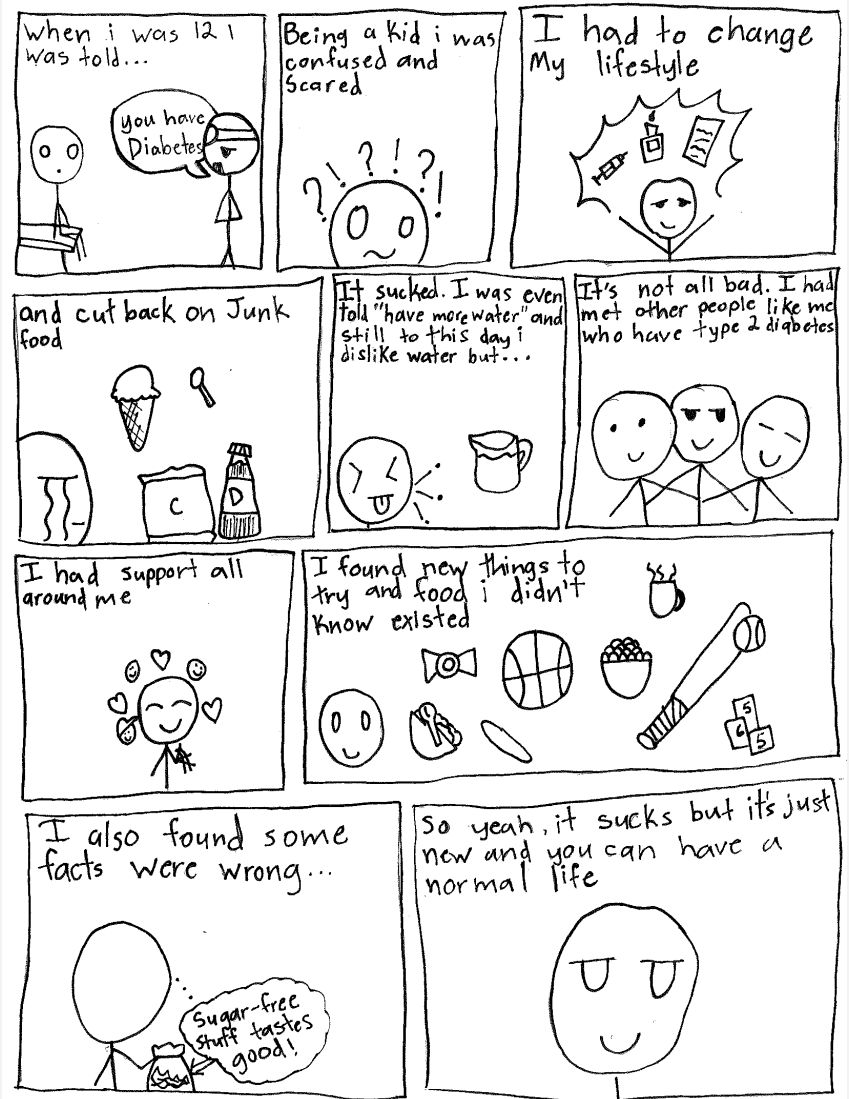
Sydnee, one of our advisors for the study, is an amazing artist living in Winnipeg, Manitoba.

Sydnee's experience with T2D extends to her family members, "as far as I know, type 2 diabetes started with my grandfather and grandmother. Then my mom and auntie were diagnosed, and then me."

Sydnee recently created a comic sketch of her experience living with type 2 diabetes over the years (on the right).

Stayed tuned for this booklet later this year!

Become an advisor on our iCARE team! If you're interested, please contact Melissa at icare@chr.ca or call (204) 789-3827.



Sydnee's story on living with Type 2 Diabetes



WE ARE LOOKING FOR NEW YOUTH TO JOIN THE ICARE STUDY

ICARE (Improving Renal Complications in Adolescents with Type 2 Diabetes through Research) is a study that will help to explain why type 2 diabetes is occurring in young people, and to better understand the problems associated with the disease.

WHAT DOES IT TAKE TO BE INVOLVED?

- A single visit
- Filling out a questionnaire
- Getting your blood drawn once

*Those participating will be compensated for their time, and will receive an assessment of their metabolic health



YOUTH Eligibility:

- Individuals between the ages of 10 to 20 years old
 - Individuals that do not have diabetes currently
 - Individuals that know if their biological mother had diabetes during pregnancy with them or not
-

If you are interested in joining this study, please contact:

dream@umanitoba.ca or (204) 789-3827



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

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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.

Summer Spinach Salad

Ingredients:

6 cups spinach (or 1 big bag)
1 sweet onion, cut into rings
1 large orange
Unsweetened orange juice
1 clove garlic, finally chopped
1/4 tsp salt
1/4 tsp pepper

Cooking Instructions:

1. In a bowl, combine spinach and onion
2. Peel orange and cut into sections. Cut each section in half and add to spinach mixture
3. To make sauce: Pour 1/4 cup of orange juice. Stir in garlic, salt, pepper and oil.



Serves 4
Per Serving:
69 Calories
Total fat 2 g
Sodium 169 mg
Carbohydrates 11g
Fibre 2 g
Protein 2 g