

Jan 2019
Volume #3



iCARE Newsletter

SAVE THE DATE!

Come join us in spring
2019 for iCARE
Community Feasts!

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STAFF HIGHLIGHT

Who is Marilyn Carino?

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iCARE Advisory

If you're interested in having
a say in the iCARE project
and meeting other people
involved in iCARE, **contact us**.

We meet about 4 times a
year.

FACT OR FICTION

See if you pick out the
T2D facts.

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iCARE IS PLANNING FOR THE FUTURE

Find out iCARE's
priorities

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What's iCARE?

iCARE stands for Improving
Renal Complications in
Adolescents with Type 2
Diabetes through Research.

iCARE is a national type 2
diabetes study that follows
participants for at least two
years and assesses both heart
and kidney outcomes. The
goal is to determine the risks
that contribute to kidney
damage in youth living with
type 2 diabetes.

RECIPE

How does turkey fajitas
sound?

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CONTACT US

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SAVE THE DATE: SPRING 2019

iCARE Community Feasts: Winnipeg + Garden Hill/Saint Theresa Point

iCARE will be hosting community feasts in Winnipeg and in Garden Hill / St Therese Point. We will share food, activities, key iCARE study findings and opportunities to get involved in iCARE research. Stay tuned for more details!

Staff Highlight: Marylin Carino

"Hello, I'm Marylin! I'm a Research Assistant in the iCARE study. I recruit potential participants, arrange and organize their visits, and follow up afterward. I also assist in the day-to-day activities of the research team. When I'm not with iCARE, you'll find me taking photos of weddings in and around Winnipeg."



FACT/FICTION: There are a lot of of myths about Type 2 Diabetes (T2D); see if you pick out the facts.

1. Fact or fiction?	T2D is when the pancreas doesn't make enough insulin, or the body doesn't use insulin properly.	Fact: Insulin is a hormone that helps the body to control the level of sugar in the blood. If you have T2D, your body doesn't have enough insulin or can't use it properly, so glucose (sugar) builds up in your blood instead of being used for energy.
2. Fact or fiction?	People with T2D will always feel sick.	Fiction: People with T2D can live well. By managing their blood sugars, they can avoid feeling sick or getting sick from their diabetes.
3. Fact or fiction?	People with T2D can live long and healthy lives.	Fact: People with T2D can do this by eating healthy foods, exercising regularly, having a healthy weight, monitoring blood sugar using a home blood glucose meter, taking diabetes medications including insulin and other medications, if prescribed by a doctor and managing stress effectively.
4. Fact or fiction?	Laziness is a part of T2D	Fiction: People do not develop T2D because they are unhealthy or lazy people. If people with T2D appear lazy, it is possible they are experiencing fatigue as a symptom of their T2D. Often symptoms of T2D come on slowly and can include increased hunger, feeling tired, and sores that do not heal as well as being thirsty more than normal, peeing often, and unexplained weight loss.

To read more about T2D, visit www.diabetes.ca

Turkey Fajitas

Tip: A quick and easy main dish, yet it calls for only a few ingredients. It's ideal to serve for an impromptu dinner.

Ingredients:

1 lb (500 g) boneless skinless turkey breast, or chicken breast, thinly sliced

1 tbsp (15 mL) freshly squeezed lime juice

1 clove garlic, minced

½ tsp (2 mL) dried oregano leaves

½ tsp (2 mL) ground cumin

½ tsp (2 mL) salt

Pinch cayenne pepper

1 tbsp (15 mL) olive oil

1 medium red onion, thinly sliced

1 small red bell pepper, cut into thin 2-inch (5 cm) strips

1 small green bell pepper, cut into thin 2-inch (5 cm) strips

6 9-inch (23 cm) flour tortillas, warmed

Salsa, light sour cream, shredded lettuce and shredded light Cheddar cheese for garnishes

Instructions

1. In a bowl, toss turkey with lime juice, garlic, oregano, cumin, coriander, salt and cayenne pepper.
2. Marinate for 15 minutes at room temperature, or longer in the refrigerator.
3. In a large nonstick skillet, heat 1 tbsp (15 mL) oil over high heat; cook turkey for 2 to 3 minutes per side, or until lightly browned and no longer pink in centre. Transfer to plate; keep warm.
4. Add onion and peppers to skillet; cook, stirring, for 3 minutes or until tender-crisp. Remove from heat. Cut turkey into thin diagonal strips; toss with onion-pepper mixture. Spoon turkey mixture down centre of each tortilla; add a small spoonful of salsa and sour cream, if desired, and sprinkle with shredded lettuce and cheese. Roll up.



Nutritional Information Per Serving

Calories	307
Total fat	9 g
Saturated fat	2 g
Cholesterol	45 mg
Sodium	445 mg
Carbs	30 g
Fiber	3 g
Protein	23 g

This recipe can also be found in the Canadian Diabetes website:
<https://www.diabetes.ca/diabetes-and-you/recipes/turkey-fajitas>