

Building Connections: The Maestro Project



Participant Newsletter Issue 42 Winter 2010

Haiti needs our help!!!!

INTERNATIONAL
DIABETES TRUST
FUND FOR HAITI

Help send
emergency diabetes
supplies to Haiti.

Donate now!

<http://www.idf.org/idf-diabetes-trust-fund-haiti>

Bean Bags – Next Meeting

Tuesday, February 23, 2010 at the Second Cup River & Osborne
Come tell us what you have been up to!!

Drop in between 7-9 PM. Bring a friend! Beverages are on us!!

NEW SPRING EVENTS!!!

- 1) YOGA - try a class just for PWT1! See more inside on page 4!
- 2) AIR SOFT @ Xtreme Tactics - It's all about staying on target baby!! Join us for an all out WAR AGAINST DIABETES – See back page for details!

Stress Undressed



Research News

Driving Mishaps and Type 1

It's a catch 22! Intensive management means keeping your control tight, but it also puts you at risk of going low. Going low while driving is...dangerous. The danger increases when individuals decide to drive when they know that their blood glucose is too low.

A study just released in the December issue of *Diabetes Care* (<http://www.care.diabetesjournals.org>), looked at 452 drivers with type 1 from three areas of the US, Virginia, Boston and Minneapolis, and investigated factors that would promote driving safety among individuals with diabetes.

The inclusion criteria for the study were type 1 diabetes for >12 months, legal driver's license, driving >5000 miles per year and BG measurements performed ≥ 2 times per day. Study patients were between the ages of 29 and 55 and the mean A1C was 7.8%.

At the beginning of the study participants were educated on the definition of 7 different types of hypoglycemia related driving mishaps and were asked how often such events had occurred in the past 2 years, how often they carried fast-acting glucose in their car, and at what blood glucose threshold would they choose not to drive. 21% retrospectively reported being involved in collisions and 15% reported receiving a motor vehicle citation in the previous 2 years. (This is similar to rates reported globally for the diabetes community in general). They were then given data sheets to record whether and/or when any of these mishaps occurred over the next 12 months, whether they tested their BG within 30 min of starting to drive and what the BG reading was. They were then contacted monthly to report results.

Results over the year showed that 52% of the drivers reported at least one hypo-related driving mishap, 32% reported two or more and 5% reported six or more. When mishaps were reported, drivers had checked BG within 30 min of driving only 35% of the time and 78% of the time BG values were lower than 5.0 mmol/L, 48% of the time it was lower than 3.8 mmol/L. The most common "mishap" was moderate hypoglycemia that impaired driving. However, 22% of the subjects reported some type of collision. 2.4% reported a collision attributed to hypoglycemia. Mishaps were related to the use of insulin pumps and with having a history of collisions, severe hypoglycemia and previous hypoglycemia-related driving mishaps.

This study is a good reminder to be extra careful about checking blood glucose before driving and to not drive while still recovering from the effects of a low you might have just treated! Please stay safe on the roads this winter season!!



The diabetic's pre-flight checklist.

RESEARCH OPPORTUNITY

Looking for people with type 1 diabetes who are:

- Age 16 yrs and over
- Aerobically active
- Not currently doing any weight training exercises
- Willing to attend supervised exercise training at a gym 3 times per week for at least 6 months

Qualifying subjects will receive a FREE 6-12 month gym membership and supervision by a PERSONAL TRAINER.

If you are interested in being part of the READI Study (Resistance Exercise in Already-active Diabetic Individuals), please call the:

Health Sciences Center
Diabetes Research Group
204-789-3433

Study approved by University of Manitoba Biomedical Research Ethics Board

JDRF Forms Partnership with Animas to Develop "First Generation" Artificial Pancreas

The objective of this major industry partnership is to develop a semi-automated system for the management of diabetes, conduct extensive clinical trials for safety and efficacy and to submit this product to the US FDA for approval for market. JDRF has had an artificial pancreas consortium since 2006 and has developed the sophisticated computer programs needed for the artificial pancreas to work. Animas manufactures and distributes insulin delivery and glucose management systems (pumps). JDRF is providing \$8 million in funding over the next 3 years and they hope to have this system ready with in the next 4-5 years. The first-generation system would be partially automated, using an insulin pump connected wirelessly with a continuous glucose monitor (CGM). The CGM sensor reads glucose levels and transmits the reading to the pump which can then deliver the insulin. The partnership will focus on a new "hypoglycemia-hyperglycemia minimizer" system that would slow or stop insulin delivery if blood glucose was too low and that would increase insulin delivery to reduce highs and then return to a pre-set basal rate once glucose returned to acceptable levels. Some manual adjustments will be necessary with the early versions, but their goal is to work towards a fully automated system.

Red Wheat Berry Salad

Ingredients:

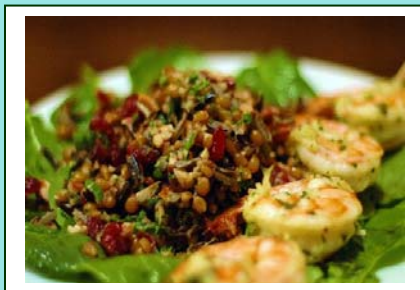
- **1 cup** hard red winter wheat berries, soaked overnight
- **1/2 cup** raw or canned wild rice
- **2/3 cup** toasted chopped pecans
- **1 cup** dried cranberries
- **1/2 cup** chopped fresh parsley
- **1/2 cup** chopped green onions
- **3 tbsp** fresh lemon or lime juice
- **1 tbsp** honey
- **1 tbsp** dijon mustard
- **1 tsp** kosher salt
- **1/2 tsp** ground black pepper

Preparation:

1. Soak the wheat berries overnight in cold water, covering them 3 inches. Drain the water in the morning.
2. Boil the wheat berries in 6 cups of water for about 50 to 60 minutes, or until tender. Add more water as necessary to keep wheat berries covered during cooking. Drain excess water from the wheat berries when done.
3. In another small pot, boil 2 cups of water. Add the wild rice and simmer for about 45 minutes, or until the rice begins to split. I prefer to undercook the wild rice slightly so that it retains some structure. Drain excess water OR use canned wild rice and skip the cooking!
4. Combine the cooked wheat berries and wild rice in a large bowl.
5. Whisk the lime juice, honey, mustard, salt, and pepper to make the dressing. Add the dressing to the wheat berries and wild rice, mix thoroughly. Now add the cranberries, pecans, parsley, and green onions and combine well.

6 servings if you treat it as a meal, many more if you use it as a salad

per *meal* serving:
345 calories
60 grams carb
9 grams fibre
5 grams protein
11 grams fat



Web Watchers

Famous People & Olympic Athletes with Type 1
http://www.dlife.com/dLife/do/ShowContent/inspiration_expert_advice/famous_people/sports.html

New guide to diabetes supplies:
www.diabetes.ca/documents/about-diabetes/CDA_ConsumerGuide.pdf

Community Events

Winnipeg Mardi Gras – in support of JDRF

February 13, 2010

6:00 pm – 2:00 am

Winnipeg Convention Center

Must be 18 years of age or older
General Admission is \$16
Tickets available at JDRF: 953-4477
www.jdrf.ca

- *Dinner, Cajun style*
- *Bourbon street booth shopping*
- *Live Zydeco music*
- *Aerial Dancers*
- *The Colossal Couple*
- *Auction Prizes*
- *And MORE!!!*

Revenue Canada Presentation – The Disability Tax Credit

For clients of Youville Center

February 22, 2010 from 1-3 pm – 33 Marion St

Please call Youville for details. 233-0262.

CDA - SEEKING CAMP COUNCELORS

CDA is looking for **nursing, pharmacy or medical students for medical councilors** and **nutrition students for nutrition councilors** for those interested in becoming Volunteer Councilors for **Camp Briardale** happening July 22, 2010 – July 28, 2010. For more information contact Holly Brownlee at 925-3800 ext. 226 or holly.brownlee@diabetes.ca

CDA – SEEKING CAMP ALUMNI

New to CDA is **Family Camp** being hosted August 27-29, 2010 at Camp Manitou. CDA is looking for some **Camp Alumni** to come out and share both the expertise and experience.

For more information or to volunteer for this program please contact Kelly Lambkin at 925-3800 ext.224 or kelly.lambkin@diabetes.ca.

SAVE THIS DATE!!!!!! Run/Walk for CDA

September 6, 2010. It will be a 10 km run or a 3 km walk at Assiniboine Park. Let me know if you are interested in joining TEAM Maestro for training for the run over the summer!!!

JDRF – TELUS WALK to CURE Diabetes

Kick-Off Rally in Winnipeg – Sunday, March 14th at the Southdale Community Center. Call 953-4477 or see www.jdrf.ca for more info.

Winnipeg WALK – Sunday, June 13

Brandon WALK – Sunday, June 6

Dauphin WALK – Saturday, June 5

A Starry Starry Night - JDRF Gala Evening

Saturday, April 24th

Try A YOGA Class!!

If you have always wanted to try yoga
or if you have been looking for a class
specifically for people with type 1,
NOW is your chance!!
Treat yourself to something wonderful!
MAESTRO YOGA!!!

Join us Sunday, March 14th
2:30- 3:30 PM
Cindy Klassen Recreational Complex
999 Sargent Avenue

Instructor: Lia Kruger, B.A, NRM Tech Dip., Certified Yoga Instructor



Lia began practicing yoga in 1999, while living and working as a wildlife biologist on the West Coast of the United States. She travelled to India for her first time in 2003 and completed the 400 hour Ashtanga Teacher Training Certification Program with her teacher Masterji Vishwanath. Upon returning from India, she moved back to Winnipeg and was introduced to the Yoga Centre Winnipeg. Through the Yoga Centre, she began teaching ashtanga yoga while taking an additional two year Iyengar based Teacher Training Certification course. She continues to return to India to study with her teacher and hopes to continue to return every year to study ashtanga yoga. Her training has been influenced by several teachers including her beloved Indian teacher Masterji Vishwanath, Winnipeg teachers Hart Lazer and Jan Dubenham, Fiona Stang and Ramanand Patel. Lia fuses together elements from Ashtanga, Hatha, Power and Iyengar yoga. Currently in addition to her own practice, Lia teaches private workplace yoga and community classes. In her teaching, Lia emphasizes breath awareness in order to still and quiet the mind. She tries to promote honoring the body's limitations and acceptance of the body without judgments.

This will be 1 hour of Ashtanga Flow Yoga – so be prepared for a good workout!!

Wear comfortable exercise clothes
You can bring a yoga matt if you have one

Please RSVP to Catherine @ 789-3719 by: March 10th

(Option to continue with weekly sessions based on interest)

RESEARCH OPPORTUNITY

The MICH Endocrine Research Team is conducting the Type 1 Diabetes TrialNet study. The goal of the study is to learn more about how type 1 diabetes develops in "at-risk" individuals. The first step of the study is the Screening phase. The purpose of screening is to identify people at risk for developing type 1 diabetes. The screening test is a blood test to see if you have autoantibodies associated with a risk of developing diabetes. Autoantibodies are a sign that your immune system may be attacking the insulin-producing cells in your pancreas. Autoantibodies are proteins made by the immune system. About 3 to 4 percent of family members of people with type 1 diabetes have autoantibodies. The presence of some autoantibodies indicates you be at risk for developing type 1 diabetes.

To participate in the study, you must be:

- 1 to 45 years of age and have a child, brother, sister, or parent with type 1 diabetes OR
- 1 to 20 years of age and have a cousin, aunt, uncle, niece, nephew, half-sibling, or grandparent with type 1 diabetes

If you would like to learn more about this study, please call Dan Catte at 204-977-5645

Canadian Diabetes Association's Diabetes Wellness Session - Winnipeg

Finding Balance: Mastering challenges, changes and choices for living with diabetes.

Featuring: Chris Everhardus, RN, CDE from St. Boniface Hospital

DATE: Saturday, April 24, 2010

LOCATION: Gymnasium and Atrium of the Winnipeg Evangelical Free Church, 500 Lagimodiere Blvd.

TIME: 9:30 a.m. to 12:30 p.m. (Doors open at 9:30)

COST: \$10.00 (Free Parking available on site)

FOR MORE INFORMATION and REGISTER please call **925-3800 x3**

WHAT TO EXPECT:

This learning event is for those with an interest in diabetes, and their well-being. It's your chance to: **Expand** your diabetes awareness with an informative and educational presentation. **Consult** an array of health and wellness experts on topics related to diabetes. **Evaluate** the latest offerings and information from diabetes industry exhibitors. **Connect** with your peers and members of the diabetes community.

Join friends and supporters of the Canadian Diabetes Association as they welcome doctors, nurses, dieticians, and other noted members of the health and wellness community to provide an "**Ask the Expert**" venue. Add to your diabetes awareness with a presentation by **Keynote speaker Chris Everhardus, a registered endocrine nurse and certified diabetes educator** from St. Boniface Hospital, who will address why, despite all of a person's best efforts, he or she still might face imbalances in their blood sugar.

Ask questions of **industry representatives and experts** with regards to diabetes products and services, and discover any new advances.

Take time to meet others in the local diabetes circle, and see who might share your challenges. Gather some fresh perspectives from your peers.

Kris Freeman Skis for Gold at the 2010 Vancouver Olympics

At 28 years of age, Kris Freeman is the first athlete with type 1 diabetes to compete in an Olympic endurance event. He is a member of the US cross-country ski team and was selected to compete in the 2010 Olympic Games this February in Vancouver. When he was diagnosed in 2000, people initially told Freeman that he would have to give up his dream to win an Olympic medal in x-country skiing. It's a very good thing that giving up on himself is just not a part of Kris's makeup!! Diabetes has not kept Freeman from racking up titles throughout the season in one of the toughest endurance sports. Kris is a medal contender in all three cross-country skiing distance events and heads to Vancouver fully focused on winning the USA's first Olympic cross-country skiing medal since Bill Koch's silver in 1976 and the first ever cross-country Olympic medal for an athlete with diabetes. OF COURSE we here in Canada will be fiercely, proudly and loudly cheering for our CANADIAN SKIERS... but secretly in our hearts, no one will question the fact that we will also be cheering loudly and proudly for Kris because he is our true champion!! He does not let diabetes hold him back and he does not let ANYONE put limits on what he can achieve!!!

GOoooooo Kris!!!

AIR SOFT - Xtreme Tactics



Are you >16 years of age
Happen to have type 1
Cool, or whatever passes for these days
Ready to confront the Big D with an aggressive butt kick
Like to try indoor tactical war games or target shooting
Willing to meet new friends

Then how about a great work out that promotes teamwork and a way to relieve stress!!!!

The action starts: Sunday, April 18th from 2-3 PM

RSVP mandatory: Call Catherine 789-3719 by April 12th.

Everyone must have photo ID.
(driver's license or student ID card with either birth certificate or medical card)

Young People 16 & 17 years of age are required to have signed parental consent forms and the Maestro Project will phone your parents for verbal agreement to participate.

Wear long-sleeved shirts, pants, good shoes for running, face masks and gloves are recommended if you have them. Protective eye wear and vests will be provided.



"One day a week, I allow myself to eat anything I want.
The rest of the week, I still eat anything I want, but it's not allowed."

Please send your feedback to:

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Web: www.maestroproject.com



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