



Newsletter

Winter 2022



PAG creates Tiktok

See more below on Page 1



Recipe!

Chicken, Vegetable & Rosemary Stew

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iCARE results and next steps

The next stage of iCARE is now underway! See page 2 & 3 for details

The iCARE Patient Advisory Group (PAG) write and star in a Tiktok video

Youth from our PAG worked over the spring and summer with an Indigenous Tiktok artist to write, create and star in a video about their experience with Type 2 Diabetes. This video highlights the results of the iCARE project that youth need biological, social and mental health supports. See video by following the QR code below or going to: <https://www.dreamdiabetesresearch.com/icare>



We need your help!

We want to find you. If you have changed your phone number, let us know: icare@chrom.ca or call 204-789-3827

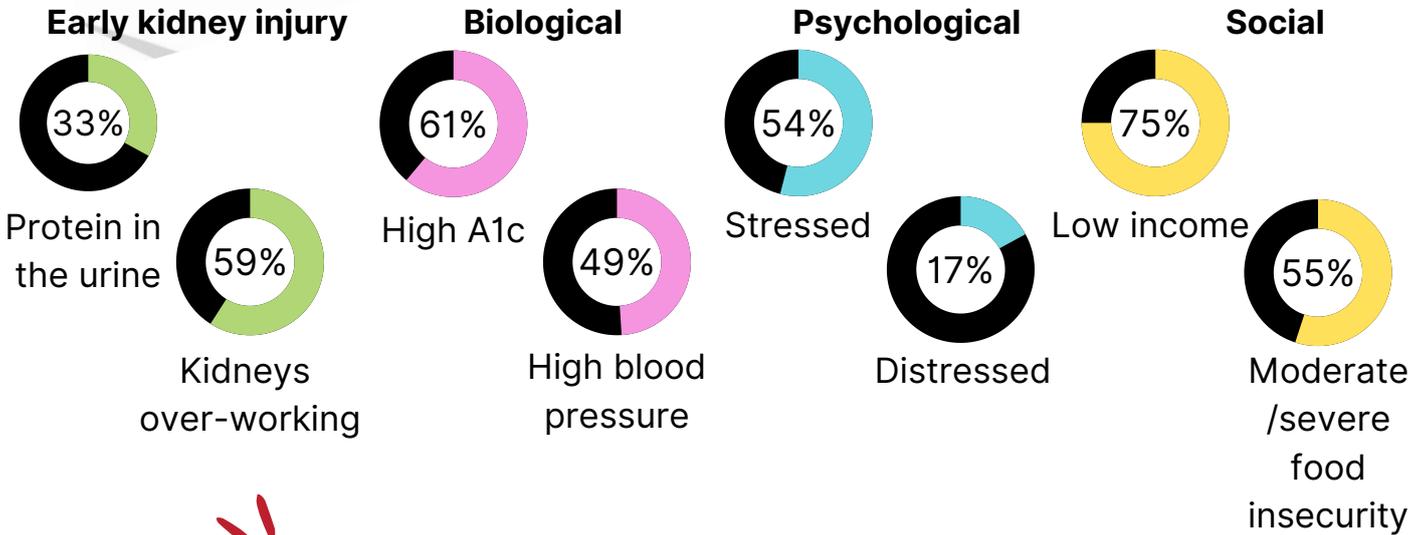


Watch for your urine container!

In an effort to catch up on visits, you might get one in the mail. Instructions will be included.

Interested in joining our PAG? We are looking for youth and parents from across Canada to help guide iCARE research. Compensation (\$\$\$) provided. Call or text: 1-431-337-0365

iCARE releases preliminary results for iCARE 1.0 for the 331 youth with Type 2 Diabetes in the study



BENEFITS TO PATIENTS

Shift in clinic culture

- Avoid stigma
- Focus on mental health & support
- Elder in renal/type 2 clinic
- More culturally sensitive care

More accurate testing

- Kidney function (iCARE equation)
- Blood pressure (24-hr ABPM)



iCARE 2.0 Novel Interventions

- iCARE equation to test kidney function in youth with Type 2 Diabetes so we can take care of kidneys before they become a problem.
- Focus on more holistic care: Dialectical Behavioural Therapy (DBT) with co-created traditional Indigenous components.

What is DBT ?

(Dialectical Behavior Therapy)

A discussion with Onalee (17 years old) and Michelle (her mother)

It wasn't my choice to join DBT, they kinda forced me because I was a severe danger to myself

They would give us sheets of paper to complete in a week. Each sheet had a different skill we had to practice. At the end of the week, we would all share what we wrote, sometimes it became very personal.

Mindfulness [was the most useful skill]. It is hard at first, your mind wanders around. But it's a great tool to have. DBT gave me a sense of accomplishment and safety when I truly needed it.

The skills learnt can empower the individual to make healthier decisions, choices and build healthier relationships with themselves, others and food.

Onalee went from being prescribed two types of insulin to now be insulin free and on no medicines for her diabetes. All these positive changes are a result of the DBT skills learnt and practiced throughout the treatment and the excellent care provided by the Children's Hospital.

I would absolutely recommend this program to everyone because it has created so many positive changes in my daughter, myself and our relationship (with ourselves and others). I strongly recommended it for youth being diagnosed with diabetes as it teaches skills in emotional regulation, distress tolerance, interpersonal effectiveness and mindfulness which all help the youths to come to terms with their diagnosis and to manage their diabetes more effectively.

**DID YOU
KNOW ?**

iCARE is now recruiting 14-17 year olds for a pilot study involving DBT therapy for youth with Type 2 Diabetes. If you might be interested in learning more, please call 204-789-3827 or email icaredbt@chrom.ca

CHUNKY CHICKEN, VEGETABLE AND ROSEMARY STEW



NUTRITIONAL INFORMATION

CALORIES: 220

FAT: 7 GRAMS

SATURATED FAT: 1 GRAMS

FIBER: 6 GRAMS

SODIUM: 380 MILLIGRAMS

CHOLESTEROL: 50 MILLIGRAMS

PROTEIN: 22 GRAMS

CARBOHYDRATES: 17 GRAMS

INGREDIENTS:

- 1 Tbsp canola oil
- 12 oz boneless chicken breasts, cut into 1-inch pieces
- 1 medium onion, cut in 8 wedges
- 3 medium carrots, quartered lengthwise and cut into thirds
- 1 medium celery stalk, cut into 1-inch (2.5-cm) pieces
- 2 cups water
- 2 dried bay leaves
- 1/4 tsp crushed red pepper flakes
- 1 can (15 oz) reduced-sodium navy beans, rinsed and drained
- 1 cup grape tomatoes, quartered
- 1/2 cup chopped fresh parsley (or 2 TBSP dry parsley)
- 1 Tbsp chopped fresh rosemary
- 3/4 tsp salt

Directions

Heat 1Tbsp canola oil over medium-high heat. Add chicken and cook about 3 minutes per side or until it begins to brown. (Center will still be slightly pink.) Remove from pan and set aside.

Add remaining 1 Tbsp canola oil, onion, carrot and celery. Saute for 5 minutes or until just beginning to lightly brown on edges, stirring frequently.

Add water, bay leaves and pepper flakes. Bring to boil over high heat. Reduce heat to medium low and simmer, covered, 20 minutes or until vegetables are tender.

Stir in chicken, beans, tomatoes, Italian parsley, rosemary and salt. Cover and cook 5 minutes or until tomatoes are tender and chicken is cooked.

Recipe Yield: 6 servings.

Thank you to: <https://diabeticgourmet.com/>