



January 2021

## Editorial



### Hope for the new year

A new year has just started, carrying a wave of hope for all the families in Quebec.

Together, we will go step by step and address all the challenges that await us, for the sake and love of our children.

In order to better meet your needs, **Fred's** team has expanded.

First of all, we welcome three new members to our Board of Directors.

**Annie Desrosiers**, Investment Advisor at BMO, **Martine Laforest**, Partner and Senior Advisor at Stratégie globale and **Laureine Saroukhan**, Director, Projects and Business relations, at Kruger Wines and Spirits, Station 22, are joining us as administrators.

In addition, starting with this first edition, **Andréane Vanasse**, a long time **Head-nurse** at camp Carowanis, and type 1 diabetic herself, will have her own column in the newsletter. She will express her opinion regarding some matters and provide some advice to families. She will also have a [dedicated page](#) on **Fred's** website, which will include her articles and recommendations. We invite you to visit [this space](#), specially designed to help families.

In addition, as of mid-January, a new administrative assistant, **Véronique Richer**, will join our team to better serve you. Please join us in welcoming her.

Happy New Year! ☀

**Claire Rousse**, Executive Director

## A word from our nurse



### Is it necessary to follow the technology's pace in diabetes?

By **Andréane Vanasse**

Are you one of those people who live at the pace of technology? In the field of diabetes, products have particularly evolved in recent years. Not a week goes by without the announcement of a longer-acting insulin, a new pump that works with more autonomy, or an insulin pen that remembers the last dose

injected better than you do.

While we can appreciate the advent of this technology which (sometimes) eases the burden of this condition, it's a challenge to find your way around.

Many parents are wondering what are the best products and they are left helpless when their teenager rejects totally their offer to use the latest model of diabetes management technology.

Should we follow the diabetes fashion?

## INFO-DIABETES

# Type 1 Diabetes and Celiac Disease: A Common Predisposition Gene



As the onset of type 1 diabetes often involves a process of autoimmunity, the risk of developing celiac disease, which is also autoimmune, increases significantly when you have type 1 diabetes.

While it represents only about 1% of cases in the general population, celiac disease affects between 3 and 4% of children with type 1 diabetes.

Several hypotheses have been put forward, but it would appear that a common predisposition gene is attributable to their association.

### Systematic screening

Since it is quite obvious that the two conditions are related, serological screening for celiac disease in young people with type 1 diabetes is recommended by the ISPAD (International Society for Pediatric and Adolescent Diabetes). It is done once a year in large diabetes clinics. A blood sample is taken to determine the presence of an antibody called "transglutaminase antibody", which is an indicator of a possible trigger of celiac disease. If this antibody is detected, the young person is transferred to gastroenterology for an intestinal biopsy performed under anesthesia. This is a benign procedure that lasts only a few minutes. If the diagnosis is confirmed, a gluten-free diet is automatically instituted, even in the absence of symptoms, to avoid possible absorption problems, especially of carbohydrates, and other associated complications. In the meantime, it is important to watch out for any symptoms of food intolerance or allergy in our young T1Ds.

*Thank you to Dr. Louis Geoffroy for his help and precious advice!*

Coeliac disease in children with Type 1 diabetes mellitus: the effect of the gluten-free diet, [I. Sanchez-Albisua, J. Wolf, A. Neu, H. Geiger, I. Wäscher, M. Stern](#), *Diabetic Medicine*, 13 July 2005  
<http://ceed-diabete.org/blog/diabete-et-intolerance-au-gluten-quels-liens/>  
[https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5012834/#:~:text=La%20maladie%20c%C5%93liaque%20\(MC\)%20est,environ%20la%20moiti%C3%A9%20des%20caS](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5012834/#:~:text=La%20maladie%20c%C5%93liaque%20(MC)%20est,environ%20la%20moiti%C3%A9%20des%20caS)  
[Celiac disease and diabetes \(aboutkidshealth.ca\)](#)

## Fred's Programs

### Do you know the 'Fred Clan'?



It's not easy to live with Type 1 diabetes.

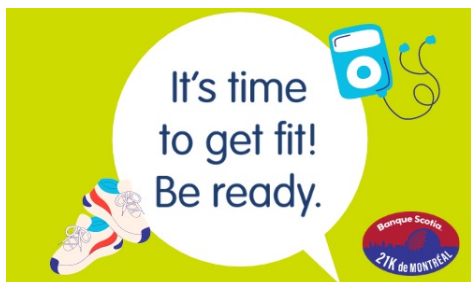
When you're a teen and dreaming of mixing with your friends, it can be frustrating to have to adapt every activity, every program to your diabetes management routine all the time. Especially when you're the only one in your gang living with diabetes.

When discouragement lurks, **Fred** is there.

If your teen is going through a difficult time, do not hesitate to [contact us](#). We provide mentoring and train several young people who are ready to make

every effort for your teen and encourage him or her to enroll in one of our programs designed specifically for this age group. These programs are designed to provide motivation and the peer supportive environment that teenagers need during this particularly sensitive time.

## Scotiabank Challenge 2021 : Virtual Formula



The virtual event will start on **April 23rd** and will last **till June 14th, 2021**. Registrations will begin on **January 26, 2021**.

## INFO-FINANCES



### *Did you know?*

The tax season is approaching and it is important to get well prepared.

When you make a donation to a cause as Fred, you receive a tax credit.

In Quebec, the tax credit rate for donations is the best in the country.<sup>1</sup> Indeed, it is 20% for the first \$200. At the

federal level, the tax credit rate is 15%, again for the first \$200 of donations.

### **Giving to Fred means making a direct connection with diabetic children and their families**

A donation of \$25 per month (\$300 per year) allows **Fred** to provide young children with diabetes and their families with the support and resources they need when they receive the diagnosis.

It's a simple way to help a cause that is close to your heart.

To support **Fred**, you can make a [donation](#) by clicking on [this link](#). You shall receive your official receipt by regular mail for all your donations.

Thank you from the bottom of our heart ☐

<sup>1</sup> [Petit guide des crédits d'impôts associés aux dons | JDM \(journaldemontreal.com\)](#)

## On the side of the camp

### Summer season 2021 : Virtual meeting in February

The year has just begun but the summer season is already getting planned.

In order to ensure that your children's summer 2021 is a real success, we are organizing a webinar in early February to explain registration procedures, programming and COVID-19 measures. We invite you to join us.

To register, please fill this [form](#).



Looking forward to seeing many of you!

## Camping Carowanis - The 2021 calendar will be available soon



The Carowanis campsite was a huge success in 2020, welcoming more than 90 families, made up of old and new Carowanis campers.

Given the popularity of renting Camp Carowanis land for camping purposes, we will offer this service again this summer, outside the summer camp period.

Stay tuned to know the next dates of the official calendar for Carowanis Camping 2021!

## Camp Carowanis is hiring



### Camp Counselors

You like working with youngsters aged 7 to 15 years old;  
You are creative,  
And  
You enjoy outdoors.

Join us at Camp Carowanis and have a great time in a fabulous setting.

Send your resume and a cover letter to [jbedard@campcarowanis.ca](mailto:jbedard@campcarowanis.ca).

[More details](#) (in French only)



### Kitchen Helper(s)

You enjoy the atmosphere in a kitchen;  
You enjoy working with food ;  
And  
You are looking for a proper work experience in a kitchen.

Join the team at camp Carowanis.

Send your resume and a cover letter to [jbedard@campcarowanis.ca](mailto:jbedard@campcarowanis.ca).

[More details](#) (in French only)





### **Nursing Students**

You are looking for a proper experience of working in the field of diabetes;  
You would like to work with youngsters with Type 1 diabetes;  
and,  
You enjoy the outdoors.

Are you that person?  
Then, join the medical team at Camp Carowanis.

Send your resume and a cover letter to [\*\*jbedard@campcarowanis.ca\*\*](mailto:jbedard@campcarowanis.ca).

**More details** (in French only)



### **Nurses (day shift, evening/night shift)**

You would like to get work experience in the field of diabetes;  
You would like to work with youngsters aged 7–15 with Type 1 diabetes; and,  
You are a hard worker, dynamic and enjoy wide spaces.

Are you that person? Then, join the medical team at Camp Carowanis.

Send your resume and a cover letter to [\*\*jbedard@campcarowanis.ca\*\*](mailto:jbedard@campcarowanis.ca).

**More details**(in French only)



You have questions about Type 1 diabetes? You would like to learn more about some aspects? A specific topic is dear to you and you would like to see it covered at one of our dinner-meetings or at the T1D Discovery Corner?  
Send us an email at [\*\*info@diabetes-children.ca\*\*](mailto:info@diabetes-children.ca)