



News Rheum

Your Rheumatology Newsletter

Issue: Fall 2020 Special Nutrition Edition

Inside This Issue:

- Patient Resources pg.1
- Announcements pg.1
- Cassie + Friends Events pg.1
- General Nutrition pg.2
- Nutrition News pg.3
- Nutrition Q&A pg.4-5
- Patient Inspiration pg.6

Nutrition Resources:

www.aboutkidshealth.ca/Nutrition
www.nutritionmonth2020.ca
www.cookspiration.com

Covid-19 Resources:

www.sickkids.ca/VisitingSickKids/index.html
www.covid19.cassieandfriends.ca/

Staff Announcements:

We welcome our new nurse, Neelam Walji, to our Rheumatology Team. Neelam will be covering Ma'Anne Gawaran's maternity leave.

In July we said goodbye to our graduated fellows; Kate Neufeld, Herman Tam, Raph Kraus, Piya Lahiry, and Elizaveta Limenis who has transitioned into a staff position and will to have clinic once week.

We welcome our new fellows; Jayne MacMahon, Jeanine McColl, and Alaa Shehab to the Rheumatology Team.

Cassie + Friends: Educational Webinars

Cassie + Friends have launched a new series of evidence-based virtual education seminars to help families affected by pediatric rheumatic diseases learn how to navigate life with a chronic condition. Working with Children's Hospitals and pediatric rheumatology teams from across the country, including SickKids, they've created expert-led sessions such as JIA 101, Uveitis, Biologics, and more, each with live Q&A. See below for upcoming webinars.

Uveitis

October 24th @ 4:30 – 6:30 pm

Hear about uveitis (eye inflammation) associated with JIA from Dr. Alan Rosenberg, Pediatric Rheumatologist. You'll learn where the inflammation occurs, what the risks of the inflammation and treatments are, and get a glimpse into the latest uveitis research.

To register or for more information visit <https://cassieandfriends.ca/event/uveitis/>

Anxiety & Depression in Children w/ Rheumatic Disease

December 14th @ 5:30 – 7 pm

Living with a rheumatic condition not only impacts physical health but can also impact mental health. Children and teens with rheumatic disease often experience feelings of sadness, anxiety, isolation and poor self-image. At this session, Child and Family Psychologist Dr. Penny Sneddon will discuss current research on the occurrence of mental health challenges in kids/teens with rheumatic conditions, the factors that contribute to emotional challenges and how to best support your child's emotional health. You'll also hear tips for helping your child/teen see that they are not defined by their condition and instead are individuals with a myriad of strengths and other qualities. To register or for more information visit <https://cassieandfriends.ca/event/mentalhealth/>



General Nutrition

Our dietitians want you to know that healthy eating is about so much more than food - how you eat is important too! Be mindful of your eating habits, being mindful can help you be more conscious of the food you eat and your eating habits

Key Point: Take Time to Eat

- Try eating meals with others – this is a great opportunity to connect and explore cultural and traditional foods
- Make a positive eating environment – make your eating area attractive, clean up the clutter on the table and around the kitchen, try turning on some of your favourite music in the background
- Take time to listen and follow your feelings of hunger and fullness. Notice when you are hungry and when you are full – taking the time to listen and following your feelings of hunger and fullness can help you decide when and how much to eat

Key Point: Take Time to Make Food

- Plan what you eat. Planning is a simple step that can make it possible to eat healthily, save money and cook more often
- Cooking allows you to learn new skills and rely less on highly processed foods – don't be afraid to experiment with new recipes. Choose recipes that explore different ways to prepare and cook foods
- Bringing your own lunch with help reduce the need to buy food from restaurants, vending machines or convenience stores
- Involve others in planning and preparing meals – take this as an opportunity to get your kids involved in planning and preparing meals
- *Fun tips for kids- be a role model!* If you're excited, they will be, too. Imaginative play helps children get deeply involved. Make a theme night or turn your kitchen into a restaurant - meals prepared can fit into the theme chosen, a great way to prepare and try new foods

Key Point: Enjoy Your Food

- Part of the enjoyment of eating is choosing health foods that reflect your preferences – all foods can be incorporated into a healthy meal
- A big part of healthy eating is including cultural and food traditions. Talk to your children about where the foods you get come from, where you get them, and why they are so meaningful

For exciting new recipes, go to www.nutritionmonth2020.ca, you can download an e-book with 12 nourishing recipes. Additional recipes can be found at www.cookspiration.com

Article adapted from the Dietitians of Canada's Nutrition Month materials. Find more information about Nutrition Month at www.nutritionmonth2020.ca

Nutrition News

Can Changing What You Eat Help With Your Rheumatic Condition?

What we eat is very important for our health and wellbeing. The same is true for people with rheumatic conditions. Rheumatic conditions are a group of diseases that can make joints, tendons, ligaments, bones or muscles inflamed. This means that these areas become red, swollen, warm to the touch, stiff and painful. Rheumatic conditions are diseases like rheumatoid arthritis, osteoarthritis, psoriatic arthritis, systemic lupus erythematosus, ankylosing spondylitis and others.

There is no cure for rheumatic conditions but taking medication can help reduce pain and swelling. Many people with rheumatic conditions also want to find natural and safe ways to help with pain and swelling. One way to do that is to eat a healthy diet.

Many Canadians and people with rheumatic conditions don't eat well. But eating a healthy diet, if you or your child have a rheumatic condition, could be very helpful. For example, research shows that eating a Mediterranean diet can help reduce pain, swelling and stiffness in people with rheumatoid arthritis and psoriatic arthritis. People who follow this diet eat lots of fresh vegetables and fruits, whole grains, legumes, nuts, olive oil and seeds. They also eat fish, shellfish, white meat and plain fermented dairy, like yogurt and cheese in moderation. They eat red meats, processed meats and sugar only on occasion.

Some research says that taking supplements like Omega-3 fatty acids and Vitamin D could also help decrease pain and swelling. Other research shows that some people with rheumatic conditions who stop eating meat, animal products and gluten also have less swelling and pain. However, research in these areas is not clear. Before you or your child decide to take supplements or stop eating certain foods, make sure you talk to a doctor.

Researchers will need to do more work to understand exactly how food affects rheumatic conditions. But one thing is clear. Eating a healthy and well balanced diet, like the Mediterranean diet, is always a good idea.

To learn what to eat on a Mediterranean diet, check out the food pyramid below.



Mediterranean food pyramid

Adapted from: Rizzello et al., 2019. *Nutrients* 11(1033)

The research review paper described in this article is: Martincevic, I.2020. A Review of Reviews: Commentary on the Role of Nutrition in Managing Rheumatic Conditions. CRAJ. 30(1): 23-25

Nutrition Q&A

Top 10 Dietary Questions for Children with JIA and other rheumatic diseases

1) Are there foods that help lessen inflammation?

There is no specific evidence-based dietary recommendation for children with rheumatic diseases. However we do know that there are some things that can make a difference to either symptoms or disease activity. Eating a healthy, balanced diet, maintaining a healthy weight and adequate intakes of calcium and vitamin D.

- Eat 3 meals per day, with snacks in between. Eating regular meals will support your child's energy levels throughout the day
- Start your day with breakfast. Don't just have cereal, add some protein. Adding protein to every meal will help your child feel fuller for longer. Examples of protein include eggs, avocado, nut, seed or soy butters, nuts, seeds, hummus, beans, lentils, yogurt, cheese, fish or meat.
- When children are hungry, they often want snacks that are high in carbohydrates such as crackers, bread or toast. Make sure snacks like this also have protein and good fats with them – like nuts, seeds, olive oil, hummus, avocado - which will satisfy them for longer. When choosing carbohydrates aim for whole grains, for example: whole wheat toast with nut butter + piece of fruit, vegetables dipped in nut butter, hummus or guacamole, yogurt with berries and granola
- Oily fish such as salmon, trout, mackerel, sardines and tuna is another great protein. Some fun ways to get kids to eat fish is to try fishcakes or fish tacos.

2) Are there any specific foods to avoid?

There are no specific foods that should be eliminated from ones diet, there are foods however that should be limited.

- Limit sugary foods (cookies, brownies, donuts, sugary cereals), packaged/bottled fruit juices, processed sugary drinks, and snacks. Foods containing high levels of sugar often have little nutritional benefit and may mean your child feels more hungry afterwards
- Reduce refined foods such as white bread, pasta, and refined cereals – look for whole grain or whole wheat bread, bagels, wraps. Pasta should be whole wheat, or lentil (eg pea or chickpea pasta), cereals should be low in sugar and higher in fiber.
- Limit sodium. Cutting down on salt can lower your risk for high blood pressure, may reduce calcium loss from bones, reducing osteoporosis and fracture risk.
- People with rheumatoid arthritis (RA) may feel the effects of salt even more. Corticosteroids, commonly used to treat RA, cause the body to hold more sodium.
- Limit Saturated fats and Trans fats. Saturated fats are fats that stay solids at room temperature These are found in foods such as meats, butter and cheese. Research has demonstrated that saturated fats have been linked to increased total cholesterol and LDL (bad, cholesterol levels). rans fat is the process where hydrogen is added to vegetable oil. This process keeps the oil solid at room temperature and extends its shelf life. You'll find trans fats in commercial baked goods, fried foods and margarine.

3) What is the impact of Gluten on inflammation?

There is no specific evidence-based research demonstrating that gluten impacts inflammation or JIA. If someone decides to eliminate gluten, they need to make sure that the child is receiving sufficient calories, protein, and carbohydrate intakes for adequate growth.

4) What is the impact of Dairy on inflammation?

Milk-based products contain all sorts of nutrients and active compounds, including calcium, vitamin D and a variety of fats and proteins. Choosing lower fat dairy (1% or skim milk) will help to reduce the saturated fats in milk. Lower fat yogurt and cheese also help reduce saturated fats.

5) What are the effects of a vegan diet?

There is no specific evidenced-based research demonstrating that vegetarian or vegan diets are better in controlling inflammation or JIA. Research has shown that blood levels of vitamin B12, Vitamin D, calcium and essential fatty acids are lower in individuals following vegetarian, and even lower in those following vegan diets. If someone chooses to follow a vegetarian or vegan diet, they need to make sure that the child is receiving sufficient calories, protein, carbohydrates, vitamins minerals and essential fatty acids for adequate growth.

6) How much protein should be consumed?

There is no set amount of protein that should be consumed. However, there should be some protein in every meal, and ideally in every snack. Examples of good protein sources include; eggs, nuts, seed or soy butters, hummus, beans, lentils, tofu, lead diary such as low fat milk, yogurt or cheese, fish, and meat - aim for leaner meats such as chicken or turkey. Beef should be eaten less often (no more than 1-2 times per week).

7) Does turmeric have an effect on inflammation?

There is no specific evidenced-based research demonstrating that turmeric has any positive effects in controlling inflammation or JIA. There are also no studies done on the safety of consuming large amounts of turmeric, especially in children. Turmeric can be used as a seasoning for food, but there is no evidence in using it in large amounts.

8) What is the impact of high sodium foods/diet?

This was discussed in foods to limit- cutting down on salt can lower your risk for high blood pressure, may reduce calcium loss from bones, reducing osteoporosis and fracture risk.

People with rheumatoid arthritis (RA) may feel the effects of salt even more. Corticosteroids, commonly used to treat RA, cause the body to hold more sodium.

Children do not need to be put on low sodium diets, however limiting salt through limiting fast food, processed foods, snack foods such as chips, salted popcorn, nuts, seeds, pretzels... is recommended. When cooking to not add excess salt to foods. Try keeping the salt shaker off the table to limit the addition of extra salt.

9) Can vitamins/supplements help with inflammation?

There is no specific evidenced-based research demonstrating that taking vitamin supplements will have any psotive effects in controlling infmammation or JIA. Studies looking into antioxidant Vitamins A, C and E supplements may not help, however eating a diet rich in these vitamins is healthy overall. Foods high in these vitamins = Vitamin D and calcium are important for bone health, supplementing Vitamin D is only necessary if levels are low, however taking a vitamin D supplement daily is not harmful. Calcium supplements are only necessary if diet is low in calcium. If having 2 servings of low fat dairy per day, then calcium supplementation is not needed

10) Does Irish sea moss help with inflammation?

There have been no research studies between irish sea moss and inflammation. There are also no recommendations about dosing of irish sea moss. It is up to the family if they choose to use Irish sea moss.

Patient Inspiration

My Story by: Christian Nainer

Hi, my name is Christian and I am 16 years old. I was diagnosed with juvenile arthritis when I was 2 and a half. I don't remember much of those times when I was young, but my parents were telling me that I scared them because I was not able to sit straight and walk in the mornings. Instead, I was crawling. A few visits to the doctors, including the emergency department at the SickKids and I got the diagnosis: Idiopathic Juvenile Arthritis in my knees and one finger. Since then I have been through several joint injections in the knees, ankles, and finger. Following these injections I was pain free for about five years. It was during this time that I was able to participate in extracurricular activities such as swimming, tennis, and skiing. I also developed a passion for Figure Skating. I started skating when I was 4 years old, and slowly developed a deep love for the sport. Unfortunately, after a few years, the symptoms returned and I started developing foot pain again that progressed to the point where I had trouble walking and of course, skating, especially when practicing my jumps and spins. Remembering those years, it was pretty tough. I had side effects from methotrexate, feeling sick during the night and still having to wake up early every morning for skating practice at 6 am before going to school.

But I persevered, because I love skating, jumping, spinning, the feeling of flying when you glide on the ice. I love competing and I participated in competitions at the provincial and national level in both single skating and ice dance. Together with my partner we won the silver medal in ice dance at a national level competition in December of last year. This year in January, I qualified and competed for the first time in the National Figure Skating Championships in the single men category.

I am still on medication, and I go regularly to the SickKids Hospital and the eye care clinic for checkups. Dr. Spiegel and Dr. Budning have taken care of me since my first visit 14 years ago. They are both very knowledgeable, caring, patient, and have helped me a lot through the years. I am grateful to all the medical staff and my parents who helped get me where I am today.

