

“Smoking and SIDS” Presentation at SIDS Calgary Society AGM!

On Thursday October 18th 2007 the SIDS Calgary Society held their Annual General Meeting. It was held in the evening at the Alberta Children's Hospital. The turnout was good and a lot of business was accomplished.

We were treated to a presentation by Jennifer Schneider titled “PreNatal Cigarette Smoke Exposure Attenuates Recovery from Hypoxic Challenge in Preterm Infants.” Jennifer welcomed questions after her presentation, and there was subsequent discussion around risks of SIDS as well as hospital policies around sleeping positions. Board Members were nominated and reports were submitted by the Chair (at right, George Dalekos with Vice Chair Laurie Morrison) and Treasurer.



George Dalekos, Chair and Laurie Morrison, Vice Chair looking forward to another year with SIDS Calgary Society

Chair George Dalekos reviewed the past years' accomplishments, thanking Desiree Prosser for her efforts in planning the yearly Family Picnic. Special thanks was also given to Laurie Morrison, as she continues to provide Peer Support to grieving families and she also organized the Casino event that was held only a week before the AGM. George then discussed ideas and goals the organization can continue to focus on in the next year. One of the goals from last year was met this year – the changing of our fiscal year-end. This involved a lot of work by our Chair and our Treasurer, so thank you to George and Yolanda for your efforts. Who knew something that seemed so minor could involve so much paperwork!

SIDS Calgary Society also wants to recognize the United Way, EnCana Cares, Telus, and Nucleus for their support and assistance in our continuing quest for answers to SIDS. They are ever-present in their commitment to including SIDS Calgary Society in their endeavors, and for that we are thankful.

Future goals for the Society include fundraising and education caregivers, particularly daycares, about the risks for SIDS. If you can help, please call or email SIDS Calgary Society at any time.

Sudden Infant Death Syndrome, usually referred to as SIDS, is “the sudden death of an infant or young child which is unexpected by history and in which a thorough post-mortem examination fails to demonstrate an adequate cause of death”. (Norway 1994)

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SIDS Calgary Society mission:

- To provide comprehensive support to SIDS families
- To represent the interests of SIDS parents
- To educate health care professionals and the public
- To raise funds for this work and SIDS research

SIDS Calgary Society Casino

By Laurie Morrison

SIDS Calgary held another successful casino on the 4th and 5th of October. It was successful in that we had lots of willing volunteers giving up their time to help us raise funds for SIDS research and projects. We will not know the total amount raised until after January or February as we participated at the start of the new quarter (Oct-Dec). But the rumor is that charity groups having been receiving over \$100,000.00. Looking back to our first casino of about \$5,000.00, this is a significant increase over the years!

I had wonderful help from the following volunteers: Kathy Haigh, Colin Dick, Heidi Lloyd-Price, Chinh Chu, Tanya Bounds, Shannon Bounds, Wayne Page, Mike Parnell, Mike Morrison, Kate Creaser, Desiree Prosser, Angela Dalekos, Cate Higgins, Lorraine Olson, Calleigh Regan, Rob Haigh, Leslie Schmeiler, Linda Labbe, Gordon May, Carmen Henderson, Brian Henderson, Karen Kryczka, George Dalekos, Jay Drager, Gail Drager, Eldon Dofoo, Yolanda Dalekos, Wes Mundy, Bill Irwin, Kelly Kryczka-Irwin, Peter Morrison, Kent Drager, Darlene Hilland and Reese Hilland. We had three generations of SIDS families represented with these volunteers.

Thank you very much, to all the volunteers for your help and also to our great team of advisors- Edith and Ian Rabinovitch. We could not work the casino without all of you. Our next Casino will be in the second quarter of 2009 – in either April, May or June of 2009.

Search for Wood Working Hobbyist!!!

The Committee for the Annual SIDS Picnic is searching for an individual who enjoys working with wood, who might have some spare time and tools available in the winter months.

To add some extra excitement to the Picnic we would like to have some different games available for the kids next year, perhaps in the form of a Price Spinning Wheel. We supply the materials, and you supply the creative juices!

Anyone who would like help out please contact Desiree Prosser at (403) 271-8277 or by e-mail at desireeprosser@hotmail.com.

If you are currently receiving the SIDS Calgary Society Newsletter, and wish to be removed from our mailing list or would rather be added to our email distribution list, please contact us via email at contactus@sidscalgary.ca or by phone at 265-SIDS (7437). Thank you!

Prenatal Cigarette Smoke Exposure Attenuates Recovery from Hypoxic Challenge in Preterm Infants

Jennifer Schneider M.Sc., Ian Mitchell, Nalini Singhal, Valerie Kirk, Shabih U. Hasan

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Cigarette smoke exposure during pregnancy is known to increase the risk of several problems during pregnancy including spontaneous abortions, placental abruption, preterm birth and low birth weight. Furthermore, pre- and post-natal exposure to cigarette smoke is the principal and leading independent risk factor for the occurrence of Sudden Infant Death Syndrome (SIDS). In addition, preterm birth has also been identified as a major risk factor for SIDS as compared to the infants born at term gestation. Therefore, preterm infants that have been prenatally exposed to cigarette smoke are at a particularly high risk of succumbing to SIDS. Despite the recent marked reduction in SIDS rates largely due to the "Back to Sleep" campaign, SIDS remains the leading cause of infant deaths beyond the neonatal period.

Apneas (breathing pauses) occur frequently in preterm infants and the incidence and severity of the apneas increase as the gestational age decreases. Furthermore, prenatal cigarette smoke exposure has been shown to increase the frequency and duration of apneas. However, there is no evidence that suggests a relationship between apnea of prematurity and SIDS. Although preterm infants exposed prenatally to cigarette smoke form a particularly vulnerable population, there is very little data available on the cardio-respiratory control in this group of infants.

In this study we investigated the effects of prenatal cigarette smoke exposure on the duration and recovery of breathing pauses under baseline and hypoxic (decreased oxygen) conditions in preterm infants. We hypothesize that preterm infants prenatally exposed to cigarette smoke would have an increased number of breathing pauses and impaired cardio-respiratory responses during baseline and hypoxic periods when compared to infants of non-smokers.

We found that there were no discernable differences in the number of breathing pauses or other cardio-respiratory variables between the neonates born to smoking mothers as compared to non-smoking mothers under baseline oxygen conditions. However, under hypoxic conditions differences in the cardio-respiratory control became evident. During hypoxia infants in the cigarette smoke exposed group showed an increase in heart rate. In contrast, no difference in heart rate was observed in infants of non-smokers. Additionally, while we found no difference in the total number of breathing pauses between the two groups during hypoxia, we found that infants of smokers had breathing pauses grouped closer together, while infants of non-smokers had breathing pauses spaced further apart. This allowed for recovery of blood oxygen saturation levels throughout the hypoxic challenge in the infants of non-smokers. Finally, infants exposed to prenatal cigarette smoke had a longer recovery phase after the hypoxic challenge compared to the infants of non-smokers.

In conclusion, our milestone study provides novel data on the effects of prenatal cigarette smoke exposure on the recovery of breathing pauses and oxygen saturation levels during hypoxia in preterm infants. The attenuation of these responses in cigarette smoke exposed preterm infants may provide important insights in to the physiologic mechanisms through which prenatal cigarette smoke exposure places these infants at a particularly high risk for SIDS. Furthermore, we hope our study will provide much needed impetus for increasing public awareness and re-embarking on cessation of cigarette smoke exposure campaigns with new vigor to further decrease the incidence of the devastating tragedy of SIDS.

ACKNOWLEDGEMENTS:

The authors would like to thank the Canadian Institute of Health Research (CIHR) and SIDS Calgary for their financial support of this project and Dr. Tak Fung, an Associate Professor, Faculty of Sciences, University of Calgary for assistance with the statistical analysis.

4th Annual Family Picnic

Mark your calendars! We have picked **Saturday, June 14, 2008** as the day that we will hold our 4th Annual SIDS Calgary Society Family Picnic. We are in the process of securing a location, but we wanted to make everyone knew the date. Everyone is invited for a relaxing and entertaining afternoon with family, friends, and the members of the SIDS Calgary Society. Keep an eye on our website and for another mail-out for the details.

Membership for 2008

Membership is important. Please take some time to send in your membership form for 2008. If you are not a member you can not help guide the direction of our society by voting at the annual AGM in the fall. You can also find this form on our website: www.sidscalgary.ca

SIDS Calgary Society

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Membership Application

Name (please print): _____ Date: _____

Address: _____

Telephone: (home) _____ (bus.) _____ (e-mail) _____

Annual Fee: \$20.00 Please remit cheque or money order to address above.

Thank you for your support.
Benefits to belonging!

- *Voting privileges*
- *Eligibility to run for a Board position*
- *Receive "SIDS Calgary Society" newsletter - free!*
- *Opportunities to establish professional contacts*
- *Opportunities to support our SIDS community through peer support, public education, and fundraising*

Thank You Calgary Community!

The EnCana Cares Foundation

We thank The EnCana Cares Foundation and the United Way for enabling people to direct their charitable donations directly to the SIDS Calgary Society. We rely on these donations to cover a significant part of our operating budget so thanks to you and to the generosity of Calgarians. We strongly encourage you to continue using the United Way to guide your charitable donations to the SIDS Calgary Society or other organizations of your choice. We would also like to thank EnCana for their generosity in matching their employees' donations dollar for dollar.



United Way
of Calgary and Area

BUILDING STRONGER COMMUNITIES

CHANGE IN PEER SUPPORT MEETINGS

In order for SIDS Calgary Society to serve the needs of SIDS parents, families, and professionals more effectively, we are changing the monthly Peer Support Meetings to a time-requested support meeting. This will allow you to contact our Peer Support Coordinator through our answering service to schedule a time that works best for you. Please call our answering service at (403) 265-SIDS (7437) and ask for the Peer Support Coordinator.