

Washington TEDDY Family Newsletter

TEDDY Talk



Volume 1

Fall 2006

TEDDY FAQ:

What days are best to collect the 3-day diet record?

We suggest 2 weekdays and 1 weekend day. You can try the Thursday, Friday, and Saturday or Sunday, Monday and Tuesday before your next visit. You can also skip a day in the middle, if it better suits your schedule.

TEDDY Bites

Easy Macaroni and Cheese

1 cup cooked whole grain pasta

1/4 cup shredded cheese (mozzarella, cheddar, etc.)

1/4 cup cottage cheese or ricotta

1 tsp butter

2-3 tablespoons milk

Mix all ingredients.

Heat on stovetop or in microwave oven until cheese and butter melt. Add a sprinkle of wheat germ on top, if you wish.

Hello, Seattle TEDDY Babies!

Welcome to the first issue of our TEDDY newsletter.

Fall is here, and that means two years have passed since we first began screening newborns at Swedish Hospital. Recruitment has expanded all over the Seattle area. We are now screening at fifteen hospitals in the Puget Sound, from Everett in the North, to Tacoma in the South.

It's amazing how many of the people we talk to in the hospitals have heard about the screening from friends or family who have previously participated. We are hoping that our expansion will lead to a greater number

of children in the follow-up study.

So far, we have screened



over 20,000 babies for type 1 diabetes risk markers. So far, 170 families have enrolled in the study here in Seattle! The Seattle site is just one part of a six-site global study. In total, 112,000 babies have been screened, and 2,200 children are enrolled in TEDDY.

Denver, Colorado and sites in Georgia and Florida join us to make up the US contingent, and our European sites are in Germany, Sweden and Finland. The Seattle TEDDY staff are hoping for some international site visits!!

We have enjoyed getting to know each of your families over these last two years, and love getting to see your babies grow! Our oldest babies-now 2 years old—are keeping us running!



Safe Snacking for Toddlers

TEDDY parents often have questions about snacks. When selecting finger foods for toddlers, the main consideration is safety. In addition to choosing safe toddler foods, a good way to prevent choking is to insist your child sit in a high chair or at a table while eating.

Foods that are not safe snacks for toddlers include whole grapes, hot dog pieces, hard candies, nuts, meat chunks, stringy foods and raw, crunchy fruits and vegetables like apples, pears, carrots and beans. Favorite fruits and vegetables can be cooked soft to make them easier to chew.

Foods that are safe for toddlers include, whole wheat toast spread with fruit yogurt, pita pieces with hummus, avocado slices, fruit and yogurt smoothies, tortilla strips spread with mild salsa, and steamed broccoli florets with ranch dip.



Pacific Northwest
 Research Institute
 720 Broadway
 Seattle, WA 98122
 Toll-free: 1-888-324-2140

Email: TEDDY@pnri.org

**WASHINGTON TEDDY
 FAMILY NEWSLETTER**

*The Environmental Determinants
 of Diabetes in the Young*

www.teddystudy.org

Top 10 Baby Names in TEDDY Countries

The TEDDY study has brought together researchers from all over the world, sharing and comparing notes on everything and anything that might help us identify the causes of type 1 diabetes. We also shared a lot of fun information too, and wanted to share with our TEDDY families the most popular names currently given to babies being born in TEDDY countries. We were amazed at how similar some of the popular names were across the miles.

Top 10 Boys Names

Top 10 Girls Names

Finland	Germany	Sweden	US
Juhani	Lukas	Oscar	Jacob
Mikael	Leon	William	Michael
Johannes	Luka	Lucas	Joshua
Matias	Finn	Filip	Matthew
Oskari	Niklas	Isak	Ethan
Valterri	Jonas	Elias	Andrew
Olavi	Tim	Alexander	Daniel
Aleksi	Luis	Emil	William
Kristian	Jan	Hugo	Joseph
Elias	Paul	Viktor	Christopher

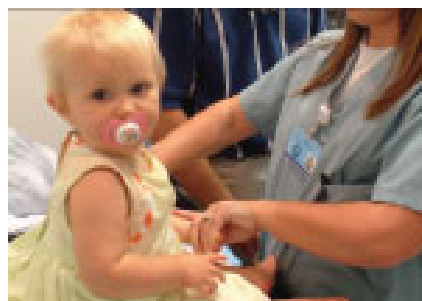
Finland	Germany	Sweden	US
Maria	Leonie	Emma	Emily
Emilia	Hanna	Maja	Emma
Sophia	Anna	Julia	Madison
Katarina	Lea	Alice	Olivia
Aino	Lena	Ida	Hannah
Johanna	Laura	Linnéa	Abigail
Julia	Emily	Elin	Isabella
Lida	Sophie	Alva	Ashley
Emma	Marie	Hanna	Samantha
Olivia	Lara	Ella	Elizabeth

Every Drop Brings Us Closer to Beating Diabetes

Nobody looks forward to having blood taken and parents are even more concerned about having blood testing done on their baby. TEDDY investigators are keenly aware of these concerns. You should know that every drop of blood that is obtained from your child is treated like a treasure. Blood samples are divided up into a series of smaller samples, each allowing different kinds of measurements that we hope will lead us to the cause of type 1 diabetes. The appearance of autoantibodies against insulin-producing cells is the most important information we get from the blood. In the future, we will also be using the blood to test for infectious and nutritional influences that might bring about the disease.

We do everything possible to make the TEDDY experience as comfortable as possible for both kids and parents. The smallest needle that can practically be used is always chosen. Research has shown that distracting babies with games during the procedure dramatically reduces the stress of blood draws. Many parents notice that their babies cry even before the blood draw has started. Obviously, their distress is not from pain. It is usually because most babies do not like to be held still. To ease any discomfort, we use a numbing cream. All of our phlebotomists are specially trained and have years of experience with babies and toddlers. Of all the samples your baby provides, we believe

that the blood teaches us the most about diabetes. We appreciate the cooperation of all our TEDDY families in keeping the study going.



Georgia, USA TEDDY baby, Catherine, at her 12 month visit