

TEDDY Family Newsletter

TEDDY Talk



Volume 2

Fall 2007

TEDDY FAQ:

What can I do to help make the blood draw go well for my child?

Making sure your child is well hydrated for the blood draw will help your TEDDY team member find his or her vein more readily. Encourage your child to drink plenty of fluids the day before and the day of the visit.

TEDDY Bites

Recipes for Hungry Little Bears

Teddy Bear Snack Mix

- 2 cups Honey Nut Cheerios© cereal
- 2 cups teddy bear shaped graham snacks
- 1 cup honey-roasted peanuts
- 1/2 cup raisins

Mix all ingredients and store in an airtight container

Safety note: children should be seated and supervised when eating

TEDDY Colorado turned 3 years old!! We began screening babies at St. Joseph's hospital in September 2004. Now, TEDDY is screening newborns at 8 hospitals in Denver: St. Joseph, Good Samaritan, Lutheran, Rose, Swedish, Skyridge, Medical Center of Aurora, and Avista. In January 2008 we are expanding our screening efforts to also include Parker Hospital and North Suburban. So far we have screened over 35,000 babies in Denver and over 215,000 worldwide for high risk genes associated with type 1 diabetes. That is a lot of babies!!

PARTY TIME

In Denver we currently have 603 children enrolled in the follow-up part of the study. To celebrate how much we appreciate each and every one of you and all the hard work you do for the study we are throwing a party for you! Keep an eye out in the mail for an invitation to the 1st Annual TEDDY Family Fun Night. We are looking forward to treating all of the

TEDDY kids and their families to food and fun at the Children's Museum of Denver on Saturday, February 9th at 5pm.

The invitations will be arriving in the mail soon. Please RSVP to Rachel at 303-724-7531 by February 1st if you will be able to make it. We look forward to seeing you there. Thank you for your dedication to the study as we work to learn the causes of childhood diabetes.



Aiden Chittum
age 1 1/2
Gainesville, FL
TEDDY Participant

Regional Tastes in TEDDY Areas

The term "Southern Cuisine" commonly refers to food from the southeastern region of the United States. It is mainly a combination of Native American ingredients, European custom, and African influence. One example is grits, porridge made from coarsely ground corn meal. Traditionally, the corn for grits is ground by a stone mill. The results are passed through screens, the finer part being corn meal, the coarser part being grits. The word "grits" comes from the Old English "grytta" meaning a coarse meal of any kind. The state of Georgia, an area that is home to several TEDDY sites, declared grits its official prepared food in 2002.

How are real Southern grits prepared? Bring 3 cups of lightly salted water to a boil, and slowly stir in 1/2 cup grits or very coarsely ground corn meal. Reduce heat to a simmer, and cook 20 to 25 minutes, stirring often. Grits are ready when they are no longer gritty, but soft and creamy. Top with butter, or stir in shredded cheese until it melts. Enjoy!





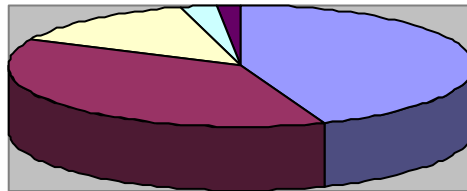
TEDDY FAMILY NEWSLETTER

The Environmental Determinants of Diabetes in the Young

www.teddystudy.org

TEDDY Family Pets

When families come in for the 9-month visit, we ask about family pets. This is what we have learned about family pets from the first 1236 TEDDY families. Many of you have pets — 44% have at least 1 household pet and 8% have farm animals. There are some differences between countries. Pets are more common in the USA where two-thirds (66%) of TEDDY families have a household pet. About one-third of families in Europe have a household pet (39% in Sweden, 30% in Finland and 27% in Germany). It won't surprise you to learn that the most common household pets are dogs and cats. In Finland and the USA, TEDDY families have more dogs than cats, while in Germany and Sweden families have about the same numbers of homes with dogs and cats. The top 5 most common pets in TEDDY families are: dogs(54%), cats (46%), fish (17%), birds (3%), and rabbits (2%).



- Dogs
- Cats
- Fish
- Birds
- Rabbits



Sweet Relief: Sugar Solutions Reduce Distress

Parents, researchers, and TEDDY team members all know that one of the hardest things to experience is watching our children get upset. Blood samples are a necessary part of the TEDDY study in order to watch children for the early signs of diabetes. We know that the blood draw is the most difficult part of the study for many parents and children. For this reason, TEDDY team members devote a lot of time and training to help make the blood draw easy and painless. Studies recently published in the Journals: Pediatrics, Neonatology and Applied Nursing, found that a sugary taste in a baby's mouth reduces pain and distress during minor procedures. The studies found that when a sugar solution was given to a baby during a procedure with a pacifier dipped into the sweet liquid, the baby was less upset. The studies measured how long and hard

the baby cried and the baby's heart rate as the procedure was done with and without the sweet solution. Each of the studies concluded that the sweet taste in the babies' mouth reduced signs of distress.



These findings were discussed at a TEDDY meeting in October. As a result, many of our TEDDY sites are now beginning to offer sugar-water solutions and pacifiers to our TEDDY families during the blood draw. This technique works best in the youngest TEDDY children, but for the older ones suckers work well, too! The blood samples that we collect during the TEDDY study will help solve the riddles of

this complex disease, but we also understand that it is just as important to make the process as easy as possible on our wonderful TEDDY families.