

Georgia/
Florida

TEDDY TALK

Volume 16
Fall 2020

Junior Scientist Edition

WHERE ARE YOU ON THE TEDDY JOURNEY?

YOU are a very important part of the **TEDDY** team! **YOU** are helping us more and more. Here's a timeline of your journey with us. **TEDDY** kids are all now between the ages of 10 and 15 and the median age is 13. **Where are YOU?**

**3 MONTHS -
1 YEAR**

You became 1 of 8,676 TEDDY kids helping scientists find why some kids get diabetes. You gave us blood, and your parents told us what you ate and drank. You also gave us your poo!

2-4 YEARS

You gave us saliva (spit), nasal swabs (boogers), and toenails. We started checking your blood for celiac autoantibodies.

5-6 YEARS

You started wearing an activity meter and giving urine (pee) samples.

7-8 YEARS

HALFWAY MARK! You became a Junior Scientist and signed your own consent form. You started giving us your teeth and recording your body's hormone changes. We started checking your blood for thyroid autoantibodies.

9-10 YEARS

You answered your first questionnaire. You also helped answer more questions about your environment.

11-14 YEARS

You became involved in your diabetes risk discussions and answered more questionnaires.

15 YEARS

THE END! You participated in the TEDDY Study for the first 15 years of your life, and have received your final results letter. You and the other TEDDY participants have made a tremendous contribution to science. We appreciate you and **THANK YOU.**

WHY TOENAILS?

Why do we collect your toenails? Scientists look for minerals and signs of life stress in toenails.

Selenium

A mineral you get from food you've eaten. Selenium can help Vitamin E be used in the body.

Vitamin E

Vitamin E helps protect cells in your body from damage.

Life Stress

When you worry and stress about something big that has happened in your life scientists can study your toenails where a signal of your stress, called cortisol, collects over time.

Georgia/Florida has collected 2,484 toenails samples from TEDDY kids so far!



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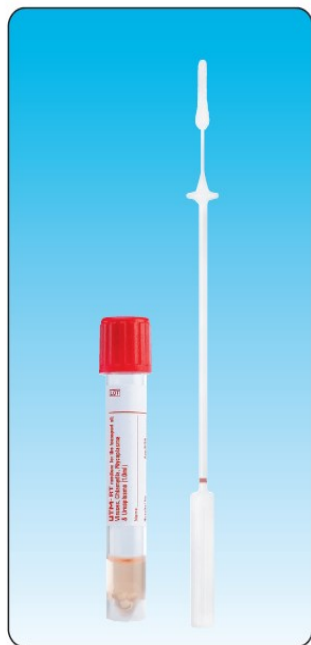
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Nasal Swabs



Why do we do the nasal swab and what is in the tube?

TEDDY is looking at whether certain viruses trigger type 1 diabetes. The nose is a great place for germs to live and collect, especially upper respiratory viruses. The brush collects a little sample of nose “boogers” that is then frozen and saved for later tests.

The “booger juice” solution in the bottle is made up of growth media which keeps the hungry viruses alive while it is being transported to its final destination in the lab.

PUDDING SLIME RECIPE

Make your own slime with a twist by making it with pudding! Combine the ingredients below and start playing:

- 1/4 cup instant pudding mix
- 1/3 cup warm water
- 1 cup corn starch



For step-by-step instructions/video and more slime recipes see:

<https://thesoccermomblog.com/edible-pudding-slime/>

TEDDY DIABETES VIDEOS

TEDDY has created three videos to explain what happens in the body before and after someone gets type 1 diabetes.

The first video is about after someone has type 1 diabetes and includes an interview with two kids who have type 1 diabetes. Check out the video to learn more about how children with diabetes must check their blood sugar daily and get insulin through a needle or an insulin pump.

Link for Video #1—Type 1 Diabetes:

<https://youtu.be/-z8OHyWNOAo>

The 2nd and 3rd videos are about why only some kids were chosen to be in TEDDY, what risk is, and what happens with the immune system when someone develops type 1 diabetes.

Link for Video #2—Genes and Risk:

<https://youtu.be/I Fha9eMIVrQ>

Link for Video #3—The Immune System:

https://youtu.be/vPf9lx0B0_M