

**GA/FL TEDDY
Family
Newsletter**

TEDDY Talk



Volume 4

Spring 2009

TEDDY FAQ:

How long can I keep a stool sample before mailing it?

It's always best if you can mail out a stool sample as soon after collecting it as possible, but sometimes, a sample may be collected after the mail has gone out or over a weekend. The TEDDY scientists who will analyze these samples say that keeping a stool sample in the refrigerator for 2 to 3 days before mailing it is fine. Please do not freeze, as freezing damages the organisms of interest. If you are not sure of the timing, or if you need more stool sample supplies, call your local TEDDY office.

TEDDY Update, Locally and Worldwide

Hello and welcome to our new families just joining us, and welcome back to our established TEDDY families. School is nearly out for the year, and we hope you are getting ready for a wonderful summer.

Fall 2009 will mark the beginning of our fifth and last year of screening and enrolling newborns into the TEDDY study. After next year, we will follow all the children who have enrolled in our study as they grow and approach their 15th birthdays.

We continue to watch vigilantly for the signs of type 1 diabetes (T1D) in your children, and

work with you to gather information about the environmental factors that may lead to the development of T1D.



Ja'Den, 6 months, Augusta, GA

Worldwide, 116 TEDDY children with no family history of T1D and 37 TEDDY children who have a close family member who has T1D have tested positive for the autoantibodies against the pancreas: the first sign that the immune system is attacking the body's insulin factory.

There have been 38 TEDDY children diagnosed with T1D, 12 who have a close relative with T1D and 26 who do not. All your daily hard work moves us closer to an eventual cure or prevention for T1D. Thanks for all you do.

The Nose Knows: What Nasal Swab Samples May Tell Us About T1D



Twirl, tickle and giggle. That's what we hope happens when the TEDDY nurse does the nasal swab collection. So why is TEDDY doing this you may ask?

TEDDY is looking at whether certain viruses trigger type 1 diabetes. The nose is a great place for germs to live, especially upper respiratory viruses. Plus, the nose is an easy place to capture the "bugs" that we need to look at. The damp cotton swab collects a little sample of nose "boogers" that is then frozen.

So, like the poop samples where we are looking for viruses in the stomach and intestines, these nose swab samples will be frozen and saved for later tests. We know TEDDY does some funny things and we want to thank you for all that you and your child do for the study. Gesundheit!



Augusta, GA Office: 706-721-4161
Toll-free: 1-888-225-7785

Atlanta, GA Office: 404-252-0844
Toll-free: 1-866-938-3339

Gainesville, FL Office: 352-334-0843
Toll-free: 1-800-749-7424

GA/FL TEDDY FAMILY NEWSLETTER

The Environmental Determinants of Diabetes in the Young

www.teddystudy.org

Survey Says: Parents Talk, TEDDY Listens

During the fall 2008, a short survey was given to parents who had been in TEDDY for more than one year. The survey was designed to find out why parents stay in such an involved study like TEDDY, and to help us understand how we can make it work smoothly for the families who give so much to help with the research. Although the results of the survey are not yet complete, we present here some preliminary results.

When asked about why parents stay in TEDDY, you told us there were three main reasons why you felt it was "very important" to stay involved in the research:



- Knowing someone was watching their child for diabetes: 77%
- Helping science to discover the causes for diabetes: 70%
- Getting the antibody results at each visit: 62%

To our great satisfaction, 95% of the parents thought that "Working with the TEDDY staff" worked very well, and posed no problems. Half of the families thought mailing the stool samples didn't create any problems. Many parents appreciated smaller gifts more than the more expensive ones. Different rewards and reimbursements are given out at the different TEDDY sites, but overall, getting reimbursed for travel, parking, visits, and stool samples are very appreciated by many parents.

We heard many suggestions on how to improve TEDDY, but at the same time, many parents spontaneously wrote that they had no suggestions, as they thought everything was just fine and that the TEDDY staff was great. Each TEDDY site will analyze their answers, and you parents will later receive more details and feedback about all the reported TEDDY experiences. Your suggestions for improvements will be carefully considered, and your requests for getting more information will always be most important to the TEDDY staff.

Regional Tastes in TEDDY Areas: Germany

Pancakes are very popular in Germany. Apfelfannkuchen (apple pancakes) is a traditional German recipe for a classic dish of pancakes filled with apples and flavored with cinnamon. Here we share a recipe for apfelfannkuchen reported by a German TEDDY family on a 3 day diet record: Guten Appetit!

Ingredients

500 ml buttermilk
4 tablespoons water
1 tablespoon sugar
½ teaspoon salt
2 cups (200 g) wheat flour
4 eggs, beaten
4 apples, peeled and sliced
4 ½ teaspoons oil
4 teaspoons sugar
1 teaspoon cinnamon

- In a bowl stir together flour, buttermilk, water, sugar and salt.
- Let stand for at least 20 minutes. Add eggs and stir well.
- Heat oil in a coated frying pan and add 2 small ladles filled with batter.
- Promptly put the apple slices on top and reduce the heat to medium.
- Once the pancake begins to get firm, carefully slide it on a plate and put it back into the pan with the baked side up. Bake until done.



Apfelfannkuchen
(apple pancakes)

Serve with sugar and cinnamon mixture sprinkled on top.

Tip: If you like to prepare more pancakes, we suggest to heat the oven on lowest setting (warming up - 50 C/ 120 F) and keep the pancakes warm on the plate.