



TEDDY Update: Colorado and Worldwide

The TEDDY Study's youngest children just celebrated their first birthday a few months ago as our oldest children enter second grade this fall.

We hope you enjoy coupons at your visit, reading the blog and checking us out on Facebook. Our next TEDDY Fun Night at the Children's Museum of Denver is in the works for late summer/early fall. Also, please grab a new blood draw tips pamphlet at your next visit, we can also mail one if you prefer.

Worldwide, 330 TEDDY children are currently positive for the autoantibodies against the pancreas: the first sign that the immune system is attacking the body's insulin producing cells.

Worldwide there have been 92 TEDDY children diagnosed with type 1 diabetes and 127 children diagnosed with celiac disease. Of those diagnosed with type 1 diabetes 30 have a close relative with type 1 diabetes and 62 do not.

All your hard work moves us closer to an eventual cure or prevention for type 1 diabetes. Thanks for all you do!!

3 Day Diet Records

We know how much time and effort it takes to record everything your child eats and drinks for three days. As a thank you for this vital piece of information we are giving \$10 cash if the diet is received in the clinic or \$10 in your check for a faxed, mailed or emailed diet record.



Meet a fellow member of the TEDDY Colorado Family:

Markus
4 years

Get children involved in stool collection!



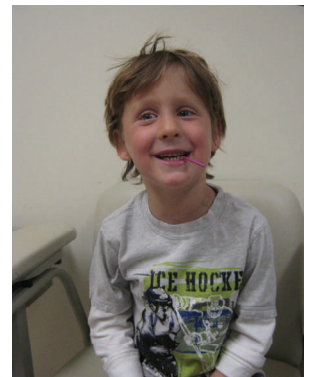
If your child is in a daycare or even just a play group you can see how quickly illnesses go around. Many viruses and bacteria don't cause children to get sick but are still in the stool for a short time. TEDDY has an amazing resource in the hundreds of thousands of stool samples collected by parents. TEDDY will be able to test those samples for viruses and gut bacteria. Stool is TEDDY's best option to try to answer the question: Do viruses or bacteria protect against or cause someone to develop type 1 diabetes?

As children grow older we'd like to encourage them to be more involved with stool collection. Teaching children to help can be an easy way to get them more excited about TEDDY. Children can help close the baggies, put on the mailing label, or even remind you to collect the sample. For your child's help he/she will receive a token for our new prize machine. This will start at the 3 year visit for children who are potty trained if stool samples have been collected since the last visit. Please remember, TEDDY would like stool collected once a month until the age of four and then four times a year after 4. If you are struggling with collecting stool and would like advice please let us know at your next visit or call 303-724-7577.

New Saliva Protocol

We want to thank the few families with children ages three and a half and older who have collected saliva for our new protocol. We know it can be a little scary when we ask our families to collect something new. The children really seem to be enjoying this new sample collection. They are very interested in why we are getting their spit. We thought this would be a good time to explain to everyone exactly why we are asking for these samples.

In the saliva samples we will be looking at a stress hormone called cortisol. The cortisol in the saliva samples will tell us the child's overall stress level, and how the child's body responds to and deals with the TEDDY blood draw. Stress levels are important to the study because we want to see if stressful events might trigger the development of type 1 diabetes. At TEDDY we already ask you about stressful events in the child's life, but with this new protocol we can now look inside the child's body to see if stressful events are affecting them in a biological way. This is exciting stuff for us! Thank you for your help with this new sample collection and please let us know if you have any questions.



TEDDY



Barbara Davis Center for Childhood Diabetes
1775 Aurora Court F527
Aurora, Colorado 80045
303.724.7577

Email: teddy.study@ucdenver.edu

Facebook: facebook.com/teddycolorado

Blog: teddystudymom.blogspot.com

COLORADO TEDDY NEWSLETTER

The Environmental Determinants of Diabetes in the Young

www.teddystudy.org

www.teddycolorado.org

Thank you supporters!

Our coupon program wouldn't work without the wonderful support of these businesses. We've given out over 600 coupons to Little Monkey Bizness, our most popular coupon after the visit!

• Little Monkey Bizness

• Butterfly Pavilion

• Denver Zoo

• Cold Stone

• Wild Life Experience

• Children's Museum of Denver

• McDonald's

• WOW Children's Museum



New Coupons-Summer 2011

• Water World/Adventure Golf

• Brunswick Zone

• Boondocks Fun Center

• Elitch Gardens



TEDDY mom blog



In the previous newsletter we introduced our blog written by a TEDDY mom who is also a staff member at one of our sites. The blog is still going strong with many interesting posts. If you haven't had a chance to check it out go to teddystudymom.blogspot.com to see blogs about difficult blood draws, poop samples, interviews with adult celiacs and diabetics and

many more.

Below is an excerpt from an upcoming blog interview with a parent of a child diagnosed with celiac disease. The entire interview will be posted in June.

Describe how your child was diagnosed with celiac disease.

I received the dreaded call from a TEDDY Study phone number about 6 weeks after our TEDDY visit. I was convinced they were going to tell me that one of my kiddos (I have two in TEDDY) was showing antibodies to insulin because I am a Type 1 Diabetic. When she said that Madelyn had celiac antibodies I was surprised. I didn't know much about celiac except that I had been tested before and I didn't have it. The TEDDY Study likes to have two elevated levels in a row before sending you to a gastroenterologist. I don't like to wait around – especially when it comes to health related items – so I immediately called my PCP to see what we needed to do. I was driving when I got the call, so as soon as I got home I started researching online what the numbers meant. I wanted to see how likely her levels meant she had it. The problem was that TEDDY uses state of the art laboratories that most hospitals don't have access to...so the internet didn't have anything about what her levels actually meant. When I saw my PCP he said, if her levels are elevated she has it – the blood tests are over 95% accurate. I asked if we should see a GI doc and he put a call into them. We went to see the GI doctor and he did a endoscopic biopsy. The doctor could see some damage right away and said he was very confident she did have it. When the pathology came back two weeks later we had our answer...she has celiac disease.

Other upcoming blogs :

- Potty trained stool samples
- Anxiety about diabetes
- 3 Day Diet Records

What is celiac disease?



Celiac disease is an autoimmune disease that damages the lining of the small intestine causing poor absorption of food. The immune system reacts to eating gluten. Gluten is a plant protein found in grains like wheat, barely and rye. Just like type 1 diabetes, both genes and environment play a role in celiac disease.



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A gluten intolerance, or sensitivity, is not a wheat allergy. Children and adults with celiac may have diarrhea, constipation, gas, bloating, stomach pain or anemia. Some people report no symptoms but have damage to the small bowel from celiac disease.

About 1 in 100 children in the US will develop this disease. The genes that increase a person's risk for type 1 diabetes also increase the risk for celiac disease. TEDDY tests children yearly, starting at age two, for an antibody to transglutaminase. This is an enzyme found in the intestines. When these antibodies are found it usually means there is damage to the small bowel. This may or may not lead to celiac disease.

Celiac disease is diagnosed with a small bowel biopsy. It can be controlled by following a gluten-free diet, avoiding wheat and other gluten in all foods and drink. Living gluten-free is much easier today than many years ago. Most food labels list wheat and gluten and there are many resources on the internet including websites with recipes, how to eat out at restaurants, gluten-free bakeries and how to help children stay gluten-free at school.

Gluten Free Corn Bread

2 cups stone ground yellow cornmeal
1 cup corn flour (Note: corn flour is **NOT** corn starch).
1 tablespoon baking powder
1 teaspoon sea salt
1 teaspoon baking soda
1/2 cup sugar
2 cups of buttermilk
4 eggs

Preheat oven to 400 F.

In a large bowl stir together corn meal, corn flour, sea salt, baking soda, baking powder and sugar until incorporated. Next add eggs and buttermilk and stir until completely mixed.

Pour into a 13 X 9 inch baking dish that has been sprayed with non-stick spray. Bake for 25-35 minutes until golden brown and done through. Slice and serve immediately.

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