

S U M M E R / F A L L 2 0 1 3

TEDDY TALK

Discovering the causes of *Type 1* Diabetes in Children



Inspiration: Diet Records

What we learn from your diet records is incredibly important. Why? Because if we find out there is a diet component – a food or nutritional item we can avoid or pursue – it is good way to make a big difference in figuring out how to prevent type 1 diabetes.

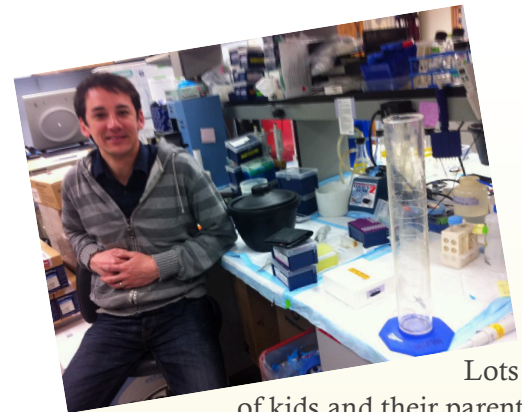
We know tracking what your kids eat is hard – especially now that they are older and in day-care or school. But because it is so important we are trying to make it easier: we now reimburse you \$10 for each record; we have day-care and school packets (including a “food bracelet” reminder); and we’ve made the diet records available by email. With all these new tools you have really been doing great – THANK YOU! Is there anything else we can do to make it easier? Just let us know.

And your diet records have inspired us to create the TEDDY FAMILY RECIPE BOOK. We’re asking you to send us some of your favorite recipes – include ingredients, instructions, and a photo (of you or your food - optional) and we’ll create a Recipe Book that we’ll give to all our families as a THANK YOU for your hard work.

For more information you can email teddy@pnri.org, visit our Facebook page, or pick up a flyer at your next TEDDY visit.

Send us your diet records, send us your recipes!

Lab Tours with “Scientist Steve”



Lots of kids and their parents have already taken one of our lab tours where they get to meet our very own “Scientist Steve” – and watch where the blood goes after it leaves your arm or finger, what happens to your spit, and what we do with all those poo samples. The man behind the magic in the lab is Lab Manager Stephen Ayres. He’s been with the lab for over 6 years.

Steve runs DNA sequencing, develops lab procedures, and makes sure everything in the lab runs well. In his spare time he likes to hang out with his kids or watch a great movie.

If you want to meet “Scientist Steve” ask to go on a Lab Tour your next visit!

THE TOP THREE BEST TEDDY CLUES!

How You and Your Child Best Help Our Research

BLOOD

What we see in your blood gives us a wealth of information and an “early warning” look for the body’s immune system.

DIET

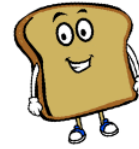
Diets show what food or other nutrients might point to why some kids develop type 1 and some don’t.

POO

The viruses and bacteria we find in poo give us an amazingly clear picture of what is going on in your body.

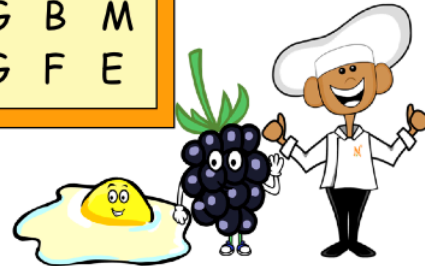


Healthy Breakfast 7 Word Search



C	T	F	T	C	P	K	Y	K
L	S	T	S	O	Z	T	H	L
A	A	C	C	J	R	I	T	I
E	F	O	C	K	E	U	L	M
R	K	I	P	E	G	R	A	R
E	A	O	O	J	G	F	E	S
C	E	T	O	A	S	T	H	U
V	R	R	L	S	V	G	B	M
L	B	A	H	I	F	G	F	E

- MILK
- BREAKFAST
- EGGS
- CEREAL
- TOAST
- FRUIT
- HEALTHY



The TEDDY Study

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[Recipient]

Address Line 1
Address Line 2
Address Line 3
Address Line 4