

Finland TEDDY Family Newsletter

TEDDY Talk



Volume 1

Fall 2006

TEDDY FAQ:

What days are best to collect the 3-day diet record?

We suggest 2 weekdays and 1 weekend day. You can try the Thursday, Friday, and Saturday or Sunday, Monday and Tuesday before your next visit. You can also skip a day in the middle, if it better suits your schedule.

TEDDY Bites

Mexican Spaghetti

12 Ounces extra-lean ground beef or turkey

1 small onion

1 16 ounce jar mild salsa

1 cup frozen corn

3/4 cup water

1 package taco seasoning mix

8 ounces spaghetti

1/2 cup shredded Monterey jack cheese

Cook beef and onion in large non-stick skillet, stirring frequently until beef is brown. Drain, stir in salsa, corn, water, and seasoning mix. Cook over med-high heat, stirring occasionally, until thick and bubbly.

Prepare pasta according to package directions; drain. Toss warm pasta with sauce. Sprinkle with cheese.

From Very Best Baby Recipes
3/15/2004

Tervehdys kaikille TEDDY-perheille !

Kesä on ohi ja syksy kauneimmillaan. Ensimmäiset punatulkut ovat jo saapuneet



popsimaan pihlajanmarjoja. TEDDY-tutkimuksen vanhimmat lapset ovat täyttämässä kaksi vuotta ja osaavat jo kohta kysellä jouluntuloa, kun taas heidän kouluikäiset isosiskonsa ja -veljensä odottelevat nyt ennen kaikkea syyslomiaan. Luette parhaillaan ensimmäistä TEDDY-verkkouutiskirjettä, joka tulee tästä syksystä lähtien ilmestymään 1-2 kertaa vuodessa. Sen tarkoitus on pitää teidät ajan tasalla

kuulumisista niin meillä kuin muuallakin.

TEDDY on kansainvälinen tutkimusprojekti, jossa on mukana kaikkiaan kuusi tutkimuskeskusta neljästä eri maasta (Suomi, Ruotsi, Saksa ja Yhdysvallat). Turussa, Tampereella ja Oulussa TEDDY-tutkimus on toiminut jo yli kaksi vuotta. Turussa samoissa tiloissa DataCityssä on käynnissä kaksi muutakin diabetestutkimusta. Suomalainen DIPP-tutkimus on ollut käynnissä jo yli vuosikymmenen, kun taas diabeteksen kehittymistä ja ehkäisymahdollisuuksia selvittävä kansainvälinen TrialNet vasta ottaa ensi askeleitaan Suomessa. Syksyn kuluessa myös lääketieteen opiskelijat liittyvät ajoittain joukkoomme – vanhempien suostumuksella –

harjoittelemaan terveen lapsen tutkimista, mikä tuo oman lisävärinsä toimintaamme.

Suomessa TEDDY-tutkimuksen puitteissa on seulottu yli 20 000 vastasyntyneeltä napaverestä keskimääräistä suuremman diabetesriskin geenejä. Tähän mennessä perinnöllinen alttius diabetekselle on todettu noin 1200 lapsella ja heistä yli 500 on lähtenyt mukaan seurantatutkimukseen.

TEDDY-tutkimukseen osallistuminen vaatii vanhemmilta viitseliäisyyttä ja kärsivällisyyttä. Tahdomme esittää lämpimät kiitokset teille kaikille mukanaolosta. Tämän projektin toteuttaminen olisi mahdotonta ilman teitä!



Safe Snacking for Toddlers

TEDDY parents often have questions about snacks. When selecting finger foods for toddlers, the main consideration is safety. In addition to choosing safe toddler foods, a good way to prevent choking is to insist your child sit in a high chair or at a table while eating.

Foods that are not safe snacks for toddlers include whole grapes, hot dog pieces, hard candies, nuts, meat chunks, stringy foods and raw, crunchy fruits and vegetables like apples, pears, carrots and beans. Favorite fruits and vegetables can be cooked soft to make them easier to chew.

Foods that are safe for toddlers include cheese cubes, whole wheat toast spread with fruit yogurt, pita pieces with hummus, avocado slices, fruit and yogurt smoothies, tortilla strips spread with mild salsa, and steamed broccoli florets with ranch dip. Bring your suggestions or recipes to your TEDDY visit to share with us!



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FINLAND TEDDY FAMILY NEWSLETTER

The Environmental Determinants of Diabetes in the Young

www.teddystudy.org

Top 10 Baby Names in TEDDY Countries

The TEDDY study has brought together researchers from all over the world, sharing and comparing notes on everything and anything that might help us identify the causes of type 1 diabetes. We also shared a lot of fun information too, and wanted to share with our TEDDY families the most popular names currently given to babies being born in TEDDY countries. We were amazed at how similar some of the popular names were across the miles.

Top 10 Boys Names

Finland	Germany	Sweden	US
Juhani	Lukas	Oscar	Jacob
Mikael	Leon	William	Michael
Johannes	Luka	Lucas	Joshua
Matias	Finn	Filip	Matthew
Oskari	Niklas	Isak	Ethan
Valtteri	Jonas	Elias	Andrew
Olavi	Tim	Alexander	Daniel
Alexi	Luis	Emil	William
Kristian	Jan	Hugo	Joseph
Elias	Paul	Viktor	Christopher

Top 10 Girls Names

Finland	Germany	Sweden	US
Maria	Leonie	Emma	Emily
Emilia	Hanna	Maja	Emma
Sofia	Anna	Julia	Madison
Katariina	Lea	Alice	Olivia
Aino	Lena	Ida	Hannah
Johanna	Laura	Linnéa	Abigail
Julia	Emily	Elin	Isabella
Iida	Sophie	Alva	Ashley
Emma	Marie	Hanna	Samantha
Olivia	Lara	Ella	Elizabeth

Every Drop Brings Us Closer to a Cure

Nobody looks forward to having blood taken and parents are even more concerned about having blood testing done on their baby. TEDDY investigators are keenly aware of these concerns. You should know that every drop of blood that is obtained from your child is treated like a treasure. Blood samples are divided up into a series of smaller samples, each allowing different kinds of measurements that we hope will lead us to the cause of type 1 diabetes. The appearance of autoantibodies against insulin-producing cells is the most important information we get from the blood. In the future, we will also be using the blood to test for infectious and nutritional influences that might bring about the disease. Gene tests will not only look at what diabetes genes are present in your baby, but also whether the genes are turned on or not.

We do everything possible to make the TEDDY experience as comfortable as possible for both kids and parents. The smallest needle that can practically be used is always chosen. Research has shown that distracting babies with games during the procedure dramatically reduces the stress of blood draws. Many parents notice that their babies cry even before the blood draw has started. Obviously, their distress is not from pain. It is usually because most babies do not like to be restrained (e.g. having their arm held still). A numbing cream is available for blood

draw sites, but it must be applied at least 30 minutes before the blood is to be drawn. In children with "difficult veins," the cream might temporarily shrink the veins, making them a little harder to hit. It is always the parent's choice to ask to try the numbing cream. If it has been difficult to get a full blood sample from your child at past visits, ask your investigator to apply a warm pack to the blood draw site a few minutes before the procedure is to be done. This temporarily increases the size of veins. Of all the samples your baby provides, we believe that the blood teaches us the most about diabetes. We appreciate the cooperation of all our TEDDY families in keeping the study going.



Georgia, USA TEDDY baby, Catherine, at her 12 month visit