



TEDDY Videos—What Happens to Your Blood



What Happens to Your Blood

Has your TEDDY child peeped in our lab window at a TEDDY visit? Have they asked to visit the lab and see where their blood goes after the blood draw? As TEDDY children get older, and many are already in elementary school, they may be curious about why they are in TEDDY, why we need their blood and what we do with their blood after the blood draw. We hope to answer many of these questions over the coming years. We plan to use children books, such as the Junior Scientist book they receive at 6 1/2 years, talking with your children at their visits and TEDDY videos. Our first educational TEDDY video is a trip through our lab following

your child's blood as we process and prepare the blood for shipment and storage. We feel the most appropriate age for the video is 8 and older. If you have a TEDDY child of this age you'll both be able to watch the video at your child's next clinic visit. The videos will be on YouTube and played on one of our Kindles or emailed as a link if your family is participating out of state. Afterward we will want feedback about the video from you and your TEDDY child.



Meet fellow members of the TEDDY Colorado Family:

**Charlie
6 years**

Kindle Fire!

Over the years, we have used many techniques to help children relax and have a good experience with their TEDDY blood draws. Bubbles, puppets, pinwheels, sparkly wands, and DVD players with movies or shows were among the many different distractions used during a visit. Late last year, we purchased three Kindle Fire HD devices to use in the TEDDY clinic. We loaded the Kindles with fun apps and games for children to play during their blood draws. The feedback since we started using the Kindles has been very positive. Playing a touch screen game on a tablet can distract many children better than anything we've tried before.

Another use for the Kindle besides a distraction during blood draws is to show children short TEDDY videos during the clinic visit.



Activity log gets easier!

The TEDDY activity monitor log is getting a makeover! The new log requires much less information about your child's activities during their activity monitor week. Rather than activities and activity level, the log will now focus on your child's sleep and wake times, along with whether or not the meter was worn during sleep. We also want to know if the meter was removed during a sports activity. We hope that this reduced log will be a welcomed change to those participating in the activity monitor protocol.

DAISY participant speaks about being diagnosed with type 1

DAISY is a research study at the Barbara Davis center much like TEDDY. DAISY started enrolling participants in 1994 and ended enrolling in 2004, but continues to follow these children. During the recent 20th anniversary celebration of DAISY, a very special senior participant in the study talked about how DAISY has impacted his life. Like a majority of participants, Cody began in DAISY at a very young age. Visits were not always easy, but as he said, "Michelle kind of changed my entire life!" It was through his visits with both the DAISY and TrialNet studies that Cody was diagnosed with diabetes. While he admits that the news was not easy to take, he is thankful for his involvement in the study. "DAISY is probably the reason that I didn't end up in the hospital with a 600-700 blood sugar reading." Now on a glucose pump, Cody is feeling better. "I thought this was going to be the worst thing in my life ... It's not been the worst thing ever, actually it's been quite beneficial to me." Cody and another participant, Mylynda, whose daughter participates in TEDDY, were also featured in a CBS Denver video clip. You can see the clip at <http://denver.cbslocal.com> and search diabetes, scroll down to February 20th, 2014.

Cody is pictured with his dad, Scott.



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

TEDDY mom blog



We have a blog written by a TEDDY mom who is also a staff member at one of our sites. Go to: <http://teddystudymom.blogspot.com> to see blogs about difficult blood draws, poop samples, interviews with adults who have celiac disease or diabetes, parents of children with celiac disease and many more. If you'd like to write a guest post, please email teddy.study@ucdenver.edu

Below is an excerpt from a guest blog post written by a TEDDY mother. Her daughter was diagnosed with type 1 diabetes through TEDDY.

Just like all TEDDY kiddos, we were approached at the hospital right after Kyli was born. With my mom being a type 1 diabetic, I figured this was God knocking on our door telling us to do the study. About 2 months later, we received "the envelope." In college, this is a great thing, but from a study, it meant they wanted Kyli in the study. From this point forward, I knew Kyli was going to develop diabetes...

At 33 months, Kyli was diagnosed with Diabetes in our TEDDY facility.

Her 33 month visit went like any other visit. Ask all the questions, take some blood, nose swipe. We started discussing a few things she would be able to do once she turned 3 years old. I thought this appointment was going to be a piece of cake. Kyli did wonderfully, no fighting the blood draw. We were going to be in and out. I look back and I still think, I should never have been so comfortable. I knew something was up the moment Nurse Ruth (our favorite nurse) came into the playroom and told us Kyli's A1C was next in line and we would have to wait a few more minutes. I thought it was odd, but dismissed it. A few minutes later when she asked us to come back to our room, I got scared. I grabbed Kyli and held her tight as they then told me her A1C was elevated to 7.4, not bad for a diabetic, but bad for a healthy child. As I wept silent tears, I listened as our life began a huge change. They brought up an endocrinologist from the downstairs Barbara Davis Center clinic to talk with me and what all this meant. I was asked to watch her sugars closely for the next few days, let her

eat what she wants and test her 2 hours later, and if she was high, to call them.

I packed up Kyli after nurses made sure I was able to safely drive and I drove straight to my Mom's work, which was thankfully on the way home. I cried and we went to lunch at Jack in the Box. Kyli ate a handful of fries, about half of a cheeseburger, and drank some milk. I went home and waited the longest 2 hours of my life. I did everything to make that time go faster. The two hour mark finally came through, she was napping... I went in tested her sugars, 440. I then went to my room and cried, my 2 year old daughter was now diabetic. I called the doctor then and asked, "What is too high?" He said 250...

Please go to the blog, to finish reading their story - <http://teddystudymom.blogspot.com>



Kyli with her family in 2013

Type 1 in Sochi



Did you watch any of the Olympics events in February? Check out this video and article from Yahoo Sports about an Olympic athlete with type 1 diabetes. Kris Freeman competes in cross country skiing and

discusses how diabetes affects him during competition. Use a QRReader or go to

<http://goo.gl/kksE0y>



Gluten free lemon poppy seed muffins

Ingredients

- 1 1/4 cups milk
- 2 tablespoons fresh lemon juice
- 12 tablespoons butter room temperature
- 1 1/4 cups sugar
- 2 large eggs
- 2 tablespoons lemon zest
- 1 tablespoon vanilla extract
- 3 cups all-purpose gluten-free flour mix
- 2 tablespoons poppy seeds
- 1 tablespoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt

Prep Time: 10 minutes

Cook Time: 20 minutes

Yield: About 1 1/2 to 2 dozen muffins

Instructions:

Preheat oven to 375F; line 2 muffin trays with paper liners.

Add the milk to a small bowl and pour the lemon juice over it; let it sit for 2 minutes without moving the bowl or stirring the milk.

Cream together the butter and sugar in a large bowl, and then cream in the eggs until light and fluffy. Beat in the lemon zest, vanilla, and milk/lemon juice mixture.

Add the wet ingredients to the dry all at once and gently stir with a wooden spoon until just combined, being careful not to over-mix.

Fill each muffin well about 2/3 full and bake until a toothpick inserted inside comes out clean, about 18 to 20 minutes.

