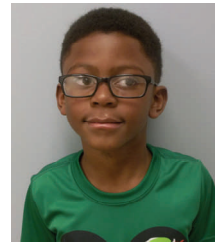




## TEDDY Around the World Video



We are excited to share our next video: **TEDDY Around the World!** When families enrolled in the research study, we mentioned we have 6 centers around the world. TEDDY is led by some of the worlds' best diabetes researchers and over 8,000 kids participate in this research. We want to show children how they are a part of something really special and TEDDY is so much bigger than what they see in our clinic. This video shows children at other TEDDY centers who also participate. It is available in 5 languages for the 4 countries with TEDDY centers and Spanish. Your child will see this video when they are about 9 ½ in the clinic, but we would love for you to view it today. Use the link below, QR code, or check out our Facebook page. A big thank you to those families that came to our park day last August to shout out "Colorado!" and "TEDDY!" for this video and to the kids that we filmed in our clinic!



Meet fellow members of the  
TEDDY Colorado Family:  
Rashad 6.5 years

## TEDDY Texting!

TEDDY would like to text you if you prefer to receive communications by text! Please let us know at your next visit if you would like to receive texts to schedule appointments or reminders.

## Cash at Visits!

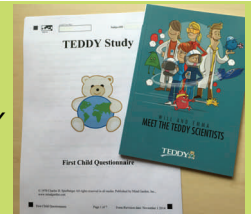


TEDDY is happy to announce we will begin paying cash for participating in TEDDY! Since TEDDY began, we have given checks twice a year to compensate for time and effort with clinic visits and stool samples. We now have the ability to pay you in cash at visits that happen at our main clinic or one of our Denver Metro satellite clinics. In addition, we have increased the payment for a clinic visit from \$25 to \$30. We will include all items currently paid by check, such as regular visits, OGTT visits (oral glucose tolerance tests), stool samples, diet records and **adding \$10 for activity monitors** in the cash payment. Those families who participate through phone/mail, who do not travel to Denver, will still receive their payment by check, we cannot mail cash.

A big reason we are doing this is to show our appreciation to the TEDDY children as they grow and begin playing a much larger role in their participation. **Your child's continued participation is so valuable.** The data you have given us, including about what happened in your pregnancy through to the present, is combined with all the information from all the samples we collect, especially blood and the autoantibody tests. This helps TEDDY researchers determine why some children get type 1 diabetes or celiac disease while others do not. Thank you so much for your participation in TEDDY!

## New Junior Scientist Book!

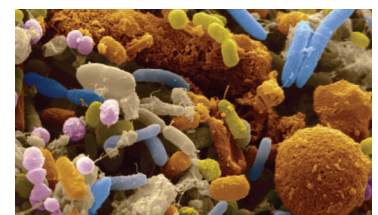
There is a new Junior Scientist book coming in the mail for families with children 9.5 and older! The book was created mainly to help our older TEDDY children gain an even greater understanding of their participation in the study.



The book will also help prepare our TEDDY children for a conversation we will be having with them at their 10 year TEDDY visit. An exciting milestone for our 10 year old TEDDY children is that they get to sign their own form saying they are willing to participate in the study. At the 10 year TEDDY appointment they will also fill out their very own first TEDDY questionnaire. We want all of our TEDDY children to know how much we value their perception and opinion of their participation in the TEDDY study. We wouldn't be able to conduct this wonderful research about type 1 diabetes without all of our dedicated children and their families! Thank you for all that you do!

## New Research: TEDDY Gut Bacteria Varies by Location

Several studies have shown that bacterial imbalances within the gut are associated with many different diseases, including type 1 diabetes. Different kids have different kinds of normal bacteria in their guts, and TEDDY researchers thought that different centers might show different numbers and types of normal bacteria. Using stool samples, researchers decided to look at the gut bacteria from each TEDDY center. In a recently published article, TEDDY scientists found that each center did have different patterns. Finland and Colorado showed fewer types of bacteria than other centers, while Sweden and Washington showed a high level of a specific type of bacteria in early life. Over time, these bacteria numbers and types changed a lot due to geographic location. Based on these findings, further research will be necessary to see if these differences will protect against or increase the risk of developing type 1 diabetes or celiac disease.



Kempainen, K. et al, *Diabetes Care* 2015



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Blog: [teddystudymom.blogspot.com](http://teddystudymom.blogspot.com)

## COLORADO TEDDY NEWSLETTER

*The Environmental Determinants of Diabetes in the Young*

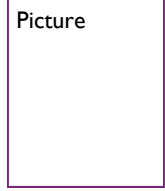
[www.teddystudy.org](http://www.teddystudy.org)  
[www.teddycolorado.org](http://www.teddycolorado.org)

# TEDDY mom blog

We have a blog written by a TEDDY mom who is also a staff member at one of our centers. There you can read 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](mailto:teddy.study@ucdenver.edu) <http://teddystudymom.blogspot.com>

### My son's "job" with TEDDY

My son has enjoyed many parts of participating in TEDDY over the years. We have been lucky because blood draws have been easy for him. He is someone who thrives on being the center of attention, feeling special, and TEDDY visits are all about him. He loves playing with the toys, using the Kindle Fire during the visits, and picking out prizes. This past visit was even more exciting because one week before his appointment he spent an evening with me in the Wal-Mart toy section picking out new toys for the playroom and clinic rooms. He asked every day that week if the next morning was his TEDDY visit because he wanted to play with the Transformers he picked out for the clinic.



A benefit of participating in TEDDY is he/we are paid for participation for visits, stool samples, and completing diet records. Thus far my son has not been actively involved in the payment from TEDDY. We set up a bank account for him when he was 6 months old and put all his TEDDY checks in that account. Over the years he has received over \$1,000! We were able to use \$500 of that money to start a college 529 savings plan last year. Now that TEDDY will be switching to paying in cash for in-person visits, my husband and I are excited for this opportunity to teach him about his "job" with TEDDY. Participation in research is key to learning more about the science of a problem or disease, but it takes time and effort on the part of those who participate in the study. Many research studies pay subjects for their effort, just like TEDDY. My son is old enough to understand money and has a goal to save up for another Transformer. He does extra chores to earn money for his Transformers, but at his next TEDDY visit we are excited to teach our son how his job with TEDDY pays him cash. We will help him divide the money to purchase the Transformer, deposit some in his savings account, and add some to his Christmas gift wallet. We know that not only will this be a good learning experience, but he will be even more excited to go to his next TEDDY visit.

## Diet Tips



Is it difficult to keep track of the amount of water your child drinks throughout the day? Drinking fountain anyone? Please know it is okay to estimate the total amount of water your child consumes throughout the day and write it down on that specific diet day.

## Hot Spiced Apple Cider

- Ingredients**
- 1 large jug of apple juice or un-spiced apple cider
  - 1 large orange
  - 1 container of whole cloves
  - 3 cinnamon sticks
- Directions:**



Add the cider to a large pot. Poke the whole cloves with their sharp end into an unpeeled orange until the surface is well covered with cloves. Add the orange and cinnamon sticks to the pot and heat to a simmer for 30 minutes, then serve.

## Coupons



Winter is a difficult time for our coupon program. This is often because many outdoor family activities businesses are closed (Elitches, Pirate's Cove, etc.) and indoor activities, like bowling, are in their prime season and do not have coupons available. To compensate for this, we will be giving everyone on our email list the promo links to get discounted Water World and Elitch Gardens tickets. This email will come in late April or early May. If you want these links, make sure you are on our email list to receive TEDDY related emails and look for an email titled: **Water World & Elitch Gardens Discounts through TEDDY.**



## Activity Monitor Reminder



Once your child has finished wearing their activity monitor, please remember to send it back to us as soon as possible. The monitor will be cleaned and then used for another child. We have a limited number of monitors in rotation. If the monitor has been lost or damaged, please let us know so we can notify our coordinating center to send us a replacement. 303-724-7577

## Diet Updates

TEDDY diet records have always been an important part of our study. Scientists think that there could be a link between diabetes and the food that your child eats. Up until now we have asked you to write down what your child eats and drinks. When your TEDDY child turns nine years old, we will be introducing a Junior Scientist Food Diary Booklet to them at their visit. This is an optional tool **your child** can use to write down what they eat and drink at school in addition to the regular diet form. They can start using this food diary at nine-and-a-half years old.

