

TEDDY TALK

Discovering the Causes of *Type 1* Diabetes in Children



Could Your Poo Be the Final Clue?

As the holiday season approaches we look forward to spending time with family and sharing special foods.

Maybe a new holiday “fun family activity” this year can include doing a TEDDY diet record, blood sample and gathering a poo sample!

We’re kidding (kind of), but the holiday season seems like a great time to remind you about how important blood, diet records and poo samples are to our research. The more information we get from you, the closer we get to finding a way to prevent type 1 diabetes.

When you tell us what your child is eating, we record vitamin and nutritional information. Because we collect this information from lots of kids at lots of timepoints we have a good chance of finding a major clue that will help us reach our goal.

The same is true for poo. Your child’s poo contains a detailed record of viruses and bacteria that shows what is happening in your child’s body. The more “Poo Clues” we get, the better chance we have of finding a way to prevent type 1 diabetes. You’re already doing a fantastic job – the Washington TEDDY site leads all the other sites in collecting poo – so far you’ve sent us 27,147 samples!

The clues we find in your child’s blood, diet records and poo samples create a wealth of information critical to the success of our research. Keep up the good work and Happy Holidays!

Tell Us How to Make it Easier!

We know that doing the diet records and collecting poo samples are difficult. We’ve tried to make it easier by reimbursing for diet records and offering a chance to win prizes for each poo sample. Is there something else we can do? Let us know!

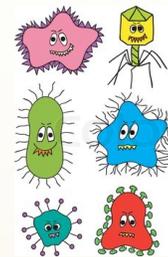
Talk with us at your next Clinic Visit, share on Facebook, or contact us at 1-888-324-2140 or Teddy@pnri.org.



The Clues

Found in Poo!

What we look for in poo is more than just the remains of what your child ate that day. Especially important to our research are remnants of viruses and bacteria that we record as clues.



These viruses and bacteria give us an amazingly clear picture of what is happening in your child’s body.

These “Poo Clues” just may turn out to be a key factor in our research.

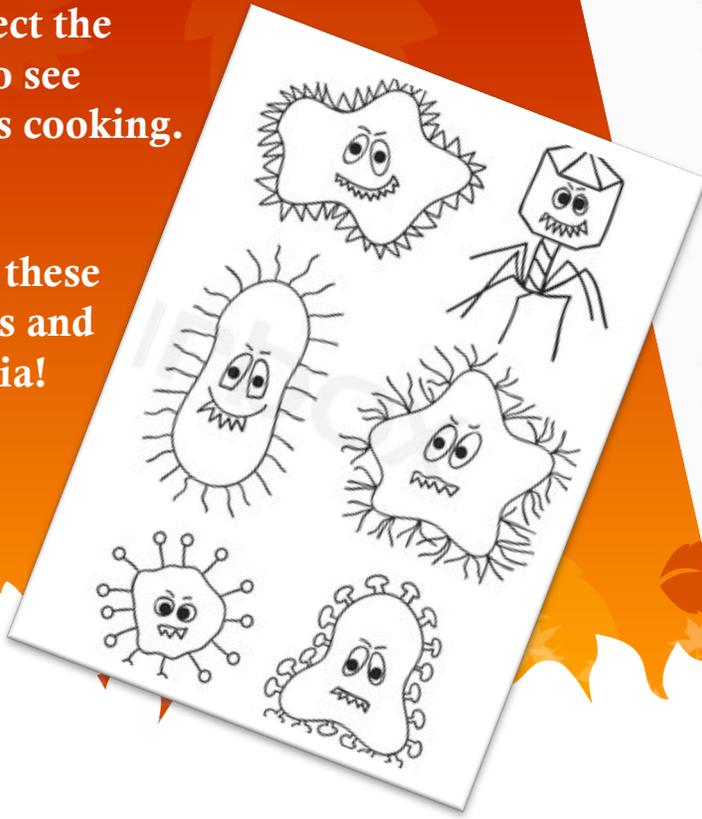
Fun Facts About Poo Bacteria and Viruses

- Bacteria make up about 50% of the dry weight of poo (most of poo is water)
- There are about 100 trillion bacteria in your gut
- There are between 300 and 1,000 different species of bacteria in your gut
- Viruses are shed from your body in poo about every 30 days
- All the bacteria in your gut weigh 2-3 pounds

KID'S CORNER

Connect the dots to see what's cooking.

Color these viruses and bacteria!



The TEDDY Study

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Find us on Facebook!
TEDDY Diabetes Study – Washington State