



TEDDY Update: Colorado and Worldwide

Hello TEDDY Colorado Families!! We are beginning our 5th and final year of screening and enrollment into the TEDDY Study. By Spring of 2010, we hope to have over 8,000 children enrolled in our study (1,425 here in Colorado)!

We continue to vigilantly watch your children for the signs of type 1 diabetes (T1D) and work with you to gather information about the environmental factors that may lead to the

development of T1D.

Worldwide, 170 TEDDY children have tested positive for the autoantibodies against the pancreas: the first sign that the immune system is attacking the body's insulin factory.

There have been 42 TEDDY children diagnosed with T1D, all before the age of 3 years. 13 who have a close relative with T1D and 29 who do not.

All your hard work moves us closer to an eventual cure or prevention for type 1 diabetes. **Thanks for all you do!!**

To show our appreciation, the 2nd Annual TEDDY Participant Party is coming this summer. Invitations will be mailed out soon!!



Meet a fellow member of the TEDDY Colorado family:

Cameron
7 months

TEDDY FAQ:

How long can I keep a stool sample before mailing it?

It's always best to mail the stool sample soon after collecting it, but sometimes a sample may be collected after the mail has gone out or over a weekend. The TEDDY scientists say that keeping a stool sample in the refrigerator for 2 to 3 days before mailing it is fine. Please do not freeze, as freezing damages the organisms of interest. If you are not sure of the timing or if you need more stool sample supplies please call us at 303.724.7577.

Poop For Prizes!

- The Stool Sample Raffle is back!!
- **How it works:** For each stool sample sent within the window, from July 1st through January 15th, your child's name will be entered into the raffle. So the more samples you send, the better your chances of winning.
- **Prize:** I'm sure many of you know of Jay Cutler—a type 1 diabetic and former quarterback for the Denver Broncos. He has generously autographed a football to serve as our prize!
- **CONGRATULATIONS to Kara, mom of Cooper G, for winning the IPOD in the January 2009 Drawing!!**

The Nose Knows:

What Nasal Swab Samples May Tell Us About T1D



Twirl, tickle and giggle. That's what we hope happens when the TEDDY nurse does the nasal swab collection. So why is TEDDY doing this you may ask?

TEDDY is looking at whether certain viruses trigger type 1 diabetes. The nose is a great place for germs to live, especially upper respiratory viruses. Plus, the nose is an easy place to capture these "bugs"! The damp cotton swab collects a little sample of nose "boogers" that is then frozen. So, like the poop samples where we are looking for viruses in the stomach and intestines, these nose swab samples will be frozen and saved for later tests.

We know TEDDY does some funny things and we want to thank you for all that you and your child do for the study. Gesundheit!



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COLORADO TEDDY NEWSLETTER

*The Environmental Determinants
of Diabetes in the Young*

www.teddystudy.org
www.teddycolorado.org

Survey Says: Parents Talk, TEDDY Listens

During the fall 2008, a short survey was given to parents who had been in TEDDY for more than one year. The survey was designed to find out why parents stay in such an involved study like TEDDY, and to help us understand how we can make it work smoothly for the families who give so much to help with the research. Although the results of the survey are not yet complete, we present here some preliminary results.

When asked about why parents stay in TEDDY, you told us there were three main reasons why you felt it was "very important" to stay involved in the research:



- Knowing someone was watching their child for diabetes: 77%
- Helping science to discover the causes for diabetes: 70%
- Getting the antibody results at each visit: 62%

To our great satisfaction, 95% of the parents thought that "Working with the TEDDY staff" worked very well, and posed no problems. Half of the families thought mailing the stool samples didn't create any problems. Many parents appreciated smaller gifts more than the more expensive ones. Different rewards and reimbursements are given out at the different TEDDY sites, but overall, getting reimbursed for travel, parking, visits, and stool samples are very appreciated by many parents.

We heard many suggestions on how to improve TEDDY, but at the same time, many parents spontaneously wrote that they had no suggestions, as they thought everything was just fine and that the TEDDY staff was great. Each TEDDY site will analyze their answers, and you parents will later receive more details and feedback about all the reported TEDDY experiences. Your suggestions for improvements will be carefully considered, and your requests for getting more information will always be most important to the TEDDY staff.

Regional Tastes in TEDDY Areas: Germany

Pancakes are very popular in Germany. Apfelfannkuchen (apple pancakes) is a traditional German recipe for a classic dish of pancakes filled with apples and flavored with cinnamon. Here we share a recipe for apfelfannkuchen reported by a German TEDDY family on a 3 day diet record: Guten Appetit!

Ingredients

500 ml buttermilk
4 tablespoons water
1 tablespoon sugar
½ teaspoon salt
2 cups (200 g) wheat flour
4 eggs, beaten
4 apples, peeled and sliced
4 ½ teaspoons oil
4 teaspoons sugar
1 teaspoon cinnamon

- In a bowl stir together flour, buttermilk, water, sugar and salt.
- Let stand for at least 20 minutes. Add eggs and stir well.
- Heat oil in a coated frying pan and add 2 small ladles filled with batter.
- Promptly put the apple slices on top and reduce the heat to medium.
- Once the pancake begins to get firm, carefully slide it on a plate and put it back into the pan with the baked side up. Bake until done.



Apfelfannkuchen
(apple pancakes)

Serve with sugar and cinnamon mixture sprinkled on top.

Tip: If you like to prepare more pancakes, we suggest to heat the oven on lowest setting (warming up - 50 C/ 120 F) and keep the pancakes warm on the plate.