

Georgia/  
Florida

# TEDDY Talk



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## TEDDY Update: GA, FL & Worldwide!

The TEDDY Study's oldest children just celebrated their seventh birthday! This is an important birthday for our study for two reasons. First, they are halfway through our study. Second, they will get a chance to start talking about their participation in TEDDY. Worldwide, 388 TEDDY children are currently positive for the autoantibodies against the pancreatic islets: the first sign that the immune system is attacking the body's insulin producing cells. For Georgia/Florida, 28 children have tested positive for diabetes autoantibodies. Worldwide, there have been 107 TEDDY children diagnosed with type I diabetes, and 180 children diagnosed with celiac disease. In Georgia/Florida, 6 children have been diagnosed with Type I diabetes, and 19 have been diagnosed with celiac disease. Your hard work moves us closer to an eventual cure or prevention for Type I diabetes. Together we make an amazing team.



TEDDY child, Reece, with sisters Sienna & Isabella recently moved to Texas, but still participates in the study through remote protocol.

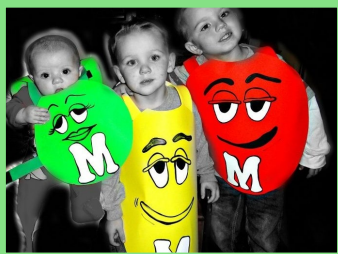
## As Our Families Grow and Change, So Does TEDDY!

To help our busy families save time:

- E-forms: Now available online to fill in and e-mail back
- Excused absence notes for school or work
- Numbing cream may be applied at home to help cut down on visit time and anxiety.
- Evening appointments by request
- New satellite clinics in Suwanee, Cumming & Elijay

## Getting Kids Involved in Diet Records

As some of our children reach school age, our methods for collecting diet records will be growing with them. Even young children can tell you about some foods and beverages they had while you were not around, while school age children can actually help fill out diet records with your assistance. New diet record forms are being created for older kids. We will also start asking the older kids some questions during our diet record review at the TEDDY clinic. Keep in mind that children under ten are still not able to accurately estimate amounts. Your best resource for getting an adult who can look at the leftover food before it is thrown away. We know that as kids get older, the diet record has become more challenging. We are here to help answer any questions and assist you in any way we can with the completion of diet records—just ask your diet record interviewer or give us a call at the TEDDY office. Thank you so much for continuing to bring your diet records to the TEDDY visit. The information you provide will help us analyze the impact of diet on the development of Type I diabetes.



Sibling, Alexa, TEDDY child, Tristan and brother Tripp have Halloween fun in Augusta, GA.

## What's New with TEDDY?

- WHAT?** Clinic urine sample
- WHEN?** Starting soon, at the 3 year visit and then every 6 months
- WHO?** Potty trained children that are 3 years and over
- WHERE?** TEDDY clinic
- WHY?** We are looking for signs of infections, environmental toxins, metabolites, and proteins possibly related to Type I diabetes.



Sisters, Olivia and Maddie hang out with TEDDY child, Zachary.



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## Blood Draws: Helping Your Anxious Child Cope

Laura B. Smith, PhD, TEDDY Child Engagement Specialist and licensed psychologist in the University of South Florida's Department of Pediatrics, shares insights and tips for helping parents and children cope with anxiety about blood draws.

What's Happening:	Her Insight and Tips:
<b>You worry that when your child gets upset or anxious during the blood draw it will have long-term emotional consequences for them. You don't like putting them through the stress.</b>	Mastering a scary or hard situation can help a child learn to deal with difficult things in life. It allows them the opportunity to learn how to cope in a tough situation. By helping your child get through the blood draw, you are teaching him/her good skills to use in other difficult times.
<b>Talking through a problem logically can help adults to feel better, so you reason and talk to your child about their blood draw fears.</b>	Children are reacting to the blood draw for emotional reasons, so reasoning does not address their discomfort. Prolonged discussion usually escalates how upset they are. Keeping it short or changing the subject will help. Try saying: "I know you're worried about the blood draw, but you were brave and got through it last time. I know you'll be brave this time, too."
<b>You want to help your child understand and be able to cope, so you talk about their TEDDY visit for several days or weeks before coming to the clinic.</b>	If your child tends to be nervous about the TEDDY visit, let them know about the visit the day before, and limit discussion of the visit to brief, matter-of-fact information. Try to keep it short and simple. Offer to do a fun activity with them after the TEDDY visit as a reward.
<b>You get anxious about having your child's blood drawn. You want to make sure that the way you are handling the blood draw is best for you and your child.</b>	It's normal to feel anxious about your child's draw and whether you are handling it well. The more calm you can be, the more your child will learn to stay calm as well. Remember the reasons why this can be a positive experience for you and your child in the long run. You're helping us discover what causes diabetes, which benefits many other children and families, too.

## GA/FL TEDDY STUDY

## Keeping in touch with TEDDY!

### TELL US WHAT YOU THINK...

- ◇ Are you interested in a TEDDY mom's night out?
- ◇ Do you have tips you want to share with other TEDDY parents?
- ◇ Have an idea for a TEDDY gift for the kids?
- ◇ Have a suggestion for how we can improve your TEDDY visit?

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## Kids Corner

