Probiotics and the development of type 1 diabetes

TEDDY recently published a paper in the *Journal of the American Medical Association (JAMA) Pediatrics* looking at the association between probiotic use during the first year of life and islet autoimmunity, also known as the development of autoantibodies. Data in this analysis included use of probiotic supplements and infant formula containing probiotics. One benefit of probiotics is the ability to affect the way the immune system responds to environmental exposures by supporting the healthy community of organisms living in our digestive tract, also known as the gut microbiota.

Findings from the analysis showed probiotic supplementation at the age of 0-27 days was associated with a decreased risk of islet autoimmunity when compared with probiotic supplementation after 27 days or no probiotic supplementation. This association was observed in children with the highest risk genetic markers. The conclusion of the paper states that early probiotic supplementation may reduce the risk of islet autoimmunity in children at the highest genetic risk of type 1 diabetes. Please keep in mind the result needs to be confirmed in further studies before any recommendation of probiotics use is made. The information from this paper will be helpful to understand the potential probiotics have in preventing the development of type 1 diabetes.

This valuable data was collected when the TEDDY children had just begun their TEDDY journey at the 3 month visit and throughout their continued participation. Thank you to our dedicated TEDDY families for making a difference in type 1 diabetes research. With the information you give about your child’s environment and the data from biological samples, you provide exciting scientific opportunities to explore the causes of type 1 diabetes!


Role of soluble fiber in type 1 diabetes

TEDDY scientists recently published an article that detailed their findings about fiber intake and risk of type 1 diabetes. TEDDY chose to look at fiber because several earlier studies had shown links between low-fiber diets and certain diseases, such as irritable bowel syndrome. More than 17,000 diet records from over 3000 TEDDY participants between the ages of 9 and 48 months, from the United States and Germany, were checked for soluble fiber. Soluble fiber is a specific type of fiber that can be found in foods like nuts, seeds, beans and some fruits and vegetables. These diets were then compared with the participant’s antibody results during the same time period. TEDDY found that the amount of soluble fiber in the diet was not connected to the development of antibodies or type 1 diabetes. These results are important as they show that changing the amount of fiber in the diet is likely not be a useful prevention approach.

Teddy Study 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 http://teddystudymom.blogspot.com

Guest Post — Staff Farewell

Hello! My name is Laraine and I have been working as a TEDDY clinician since the fall of 2010. In June I will be leaving the study to pursue a master’s degree in education. The program will prepare me to teach Special Education in Denver Public Schools. My last five years of interacting with TEDDY participants and families has led me to become a teacher. Working with the children and families has shown me that I truly have an aptitude for connecting with children and have developed a desire to teach children in a classroom setting. In this blog I want to say goodbye by giving a big shout out to our TEDDY staff and of course to our families.

The TEDDY staff has been a huge part of my life the last five years. I have grown both as an individual and as a professional because of the support of our team. I value their friendships and appreciate their support of my decision to become a teacher. I will miss them! I will miss the energy the TEDDY kids bring to the clinic, the funny things the kids say, and watching them grow up. I have learned a lot about dedication by watching the TEDDY families throughout the years. I admire families’ commitment to TEDDY and finding the causes of type 1 diabetes.

My experiences have helped me to pursue new dreams thanks to the support and encouragement I’ve received here at TEDDY. Now, onward to the next step in my journey. I will be sure to bring my professionalism, dedication, and determination to help others, to a new place of work where I can explore special needs and help children reach their full potential. Thank you TEDDY for all you’ve done and for all you’ve been for me and for the research community. Farewell!

The Environmental Determinants of Diabetes in the Young

Gluten consumption during late pregnancy and risk of celiac disease in the offspring

Scientists at TEDDY wanted to know if the amount of gluten in the diet of a pregnant mother during the last month of pregnancy affected their unborn child’s risk of developing celiac disease. Celiac disease is an autoimmune small intestine disorder caused by permanent gluten intolerance. Scientists tested TEDDY subjects for tTGA (transglutaminase autoantibody) which can be found in blood when the body is having an autoimmune reaction to gluten. TEDDY Scientists looked at the results of these blood tests compared with the amount of gluten eaten by each subject’s mother during the last month of pregnancy. They looked to see how much bread, pizza, pastries, cookies, and crackers the mother ate. Based on the number of times each week they ate those foods they placed them into one of three categories, high, medium or low for gluten intake. The results showed that there was no association between the amount of gluten a mother consumed during the last month of her pregnancy and her child’s risk of developing celiac disease.


Summer Coupon Codes!

Summer is just around the corner. Get ready by bookmarking these links if you plan to make a trip to Water World or Elitch Gardens!

Elitch Gardens www.tinyurl.com/BDCatEG
Water World www.thecalypsoclub.com

Store name: DAISY

Food Record Tips

TEDDY diet records have always been an important part of the TEDDY study, but we know it is not always the easiest task to get them done. We want you to know we are very flexible! The dates written on the diet records can be changed. We would prefer to have 2 weekdays and 1 weekend day, but if that doesn’t work then pick 3 days that work for you. You can do 2 weekend days if that works best for you. We need a minimum of 1 full day.

We have a child friendly food record for children 9 years and older to record what they are eating when at school or away from home. You can also use your own tools such as apps on your phone to help keep track of what your child is eating. Thank you so much for all the hard work you do! Remember you get $10 for your diet record!