

## TEDDY Study Questions

- **What if diabetes does not run in our family?** Most people (90%) with T1D do not have a family member with the disease. You can help us learn a lot about diabetes regardless of your family history.
- **How will this study benefit my child?** You can benefit by knowing what your child's risk is for developing diabetes and by learning the signs to look for. If your child does develop diabetes, participating may help with early diagnosis, which can lead to better treatment.
- **How long will the TEDDY Study last?** This is a long-term project planned to last up to 20 years. We would like to follow your child up to the age of 15.
- **What are you looking for?** TEDDY is focused on searching for things in the environment that can start the diabetes process.
- **What happens if my child shows signs of developing T1D?** The TEDDY study team will tell you about these changes and continue to watch your child carefully. They will also teach you how to watch your child at home for signs of T1D.
- **Will it cost anything to be in the study?** TEDDY is funded by the National Institutes of Health and will provide all your child's testing for free. TEDDY may be able to help you with some of your travel costs for study visits.
- **How much time will TEDDY study visits take?** The first TEDDY study visit may take up to 2 hours. Later study visits will last 60-90 minutes.
- **Can we join the study later?** Your child may join in TEDDY anytime between 3 and 4 months of age. After this you can no longer join the study.
- **Where can I learn more about TEDDY?** Please call (352) 334-0843 or email at [TeddyStudy@peds.ufl.edu](mailto:TeddyStudy@peds.ufl.edu)



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TEDDY, an international study in the US and Europe, is one of the most important diabetes studies today. Studies like TEDDY can lead to a better understanding of how to prevent and treat diabetes.



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National Institute of Diabetes & Digestive & Kidney Diseases  
NATIONAL INSTITUTES OF HEALTH



National Institute of Allergy and Infectious Diseases  
NATIONAL INSTITUTES OF HEALTH



The  
Environmental  
Determinants of  
Diabetes in the  
Young

...Discovering  
the Causes of  
Type 1 Diabetes  
in Children

# ...Discovering the Causes of Type 1 Diabetes in Children

## What is the TEDDY Study?

- A study conducted by seven of the world's leading type 1 diabetes institutions designed to discover the causes of type 1 diabetes.
- A research study funded by the National Institutes of Health and other research organizations worldwide.
- An opportunity for you and your child to help find a way to prevent or a cure for type 1 diabetes.

## What is type 1 diabetes (T1D)?

- T1D is a serious disease affecting one out of every 300 (1/300) children in the United States by the age of 15.
- T1D occurs when special cells in the pancreas, called beta cells, are destroyed by the body's own immune system. When the beta cells are destroyed, the body can no longer make insulin.
- Insulin is needed to keep blood sugar levels normal. If there is no insulin, your body can't use the sugars from the food you eat, causing serious illness or even death.
- A child with T1D must take insulin shots or use an insulin pump every day to stay well. Right now, there is no cure for T1D. Insulin has to be taken every day for the rest of the life of a child with diabetes.

That's where  
YOU come in...

## Why should my family participate in TEDDY?

- Every family who participates in TEDDY helps researchers come closer to finding the causes of T1D.
- All the children in TEDDY are at increased risk for T1D, but most will never develop diabetes. TEDDY is working to understand why some of these children develop diabetes and others do not.
- When researchers understand the causes of T1D, they can work to develop a way to prevent the disease.

## By participating in TEDDY, your family will receive:

- Monitoring of your child's future risk of developing T1D.
- Education about the early signs of T1D.
- Appropriate testing to detect the early signs of T1D before serious illness or complications develop.
- Updates on the findings in the TEDDY Study and from other T1D studies.

## What will TEDDY ask you to do?

TEDDY follow-up begins when your baby is 3 months old. You will bring your child to a study clinic visit 4 times a year for 4 years then twice a year until age 15.

During these visits, TEDDY study staff will collect:

- Parent surveys
- Diet information
- Child life experiences
- Blood samples – A numbing lotion, called EMLA, will be used.
- Stool samples

Our staff is always available to answer any of your questions and help to make visits as easy as possible. Please call or email us:

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