



TEDDY FAQ:

What can I do to help make the blood draw go well for my child?

Making sure your child is well hydrated for the blood draw will help your TEDDY team member find his or her vein more readily. Encourage your child to drink plenty of fluids the day before and the day of the visit.

TEDDY at Home and Abroad

The international TEDDY Study began screening Washington State and Pacific Northwest area babies in October 2004. As we celebrate the third birthday of the TEDDY study, we also celebrate the 3rd birthdays of many of our TEDDY babies.

We're sure many of you are just as surprised as we are at how quickly the time has flown by.

We are pleased to say that we have screened over 54,000 babies in Washington State and the Pacific Northwest for type 1 diabetes risk since

we began. We have discovered that the genes that place a child at increased risk for developing type 1 diabetes occur in about 3.4% of the population, meaning that the genes are found in 3 or 4 babies out of every 100 babies screened.

So far, 552 families have enrolled in our program locally.

All together, over all the sites in the U.S. and Europe, TEDDY has screened over 222,000 babies in the last three years, and enrolled 4,472 families worldwide.

We continue to gather and analyze information in our pursuit of a prevention and a cure. We thank each of you for your dedication as you join us in this historic search. You are the real heroes. Dr. Hagopian and the entire TEDDY Team salute you and your families!

TEDDY Bites

Recipes for Hungry Little Bears

Banana Wheels Snack

- 1 cup Cheerios® cereal
- 1 banana

Place a cup or so of Cheerios® in a plastic bag and using the back of your hand or a rolling pin, flatten until mixture resembles fine crumbs. Slice a banana into rounds and place a few at a time in the plastic bag. Shake lightly to cover the banana pieces (banana wheels) with the Cheerios® mixture.



Aiden Chittum, age 2 1/2

TEDDY participant

Regional Tastes in TEDDY Areas

The term "Southern Cuisine" commonly refers to food from the southeastern region of the United States. It is mainly a combination of Native American ingredients, European custom, and African influence. One example is grits, porridge made from coarsely ground corn meal. Traditionally, the corn for grits is ground by a stone mill. The results are passed through screens, the finer part being corn meal, the coarser part being grits. The word "grits" comes from the Old English "grytta" meaning a coarse meal of any kind. The state of Georgia, an area that is home to several TEDDY sites, declared grits its official prepared food in 2002. How are real Southern grits prepared? Bring 3 cups of lightly salted water to a boil, and slowly stir in 1/2 cup grits or very coarsely ground corn meal. Reduce heat to a simmer, and cook 20 to 25 minutes, stirring often. Grits are ready when they are no longer gritty, but soft and creamy. Top with butter, or stir in shredded cheese until it melts. Enjoy!





TEDDY

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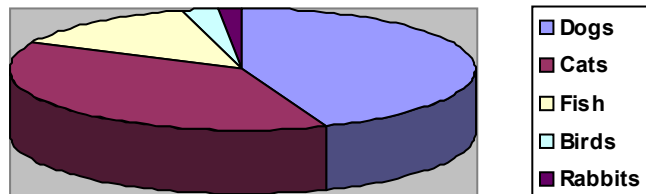
Northwest TEDDY Family
Newsletter

*The Environmental Determinants
of Diabetes in the Young*

www.teddystudy.org

TEDDY Family Pets

When families come in for the 9-month visit, we ask about family pets. This is what we have learned about family pets from the first 1236 TEDDY families. Many of you have pets — 44% have at least 1 household pet and 8% have farm animals. There are some differences between countries. Pets are more common in the USA where two-thirds (66%) of TEDDY families have a household pet. About one-third of families in Europe have a household pet (39% in Sweden, 30% in Finland and 27% in Germany). It won't surprise you to learn that the most common household pets are dogs and cats. In Finland and the USA, TEDDY families have more dogs than cats, while in Germany and Sweden families have about the same numbers of homes with dogs and cats. The top 5 most common pets in TEDDY families are: dogs(54%), cats (46%), fish (17%), birds (3%), and rabbits (2%).



Sweet Relief: Sugar Solutions Reduce Distress

Parents, researchers, and TEDDY team members all know that one of the hardest things to experience is watching our children get upset. Blood samples are a necessary part of the TEDDY study in order to watch children for the early signs of diabetes. We know that the blood draw is the most difficult part of the study for many parents and children. For this reason, TEDDY team members devote a lot of time and training to help make the blood draw easy and painless. Studies recently published in the *Journals: Pediatrics, Neonatology and Applied Nursing*, found that a sugary taste in a baby's mouth reduces pain and distress during minor procedures. The studies found that when a sugar solution was given to a baby during a procedure with a pacifier dipped into the sweet liquid, the baby was less upset. The studies



measured how long and hard the baby cried and the baby's heart rate as the procedure was done with and without the sweet solution. Each of the studies concluded that the sweet taste in the babies' mouth reduced signs of distress. As a result, many of our TEDDY sites are now beginning to offer sugar-water solutions and pacifiers to our TEDDY families during the blood draw. This technique works best in the youngest TEDDY children, but for the older ones suckers work well, too! The blood samples that we collect during the TEDDY study will help solve the riddles of this complex disease, but we also understand that it is just as important to make the process as easy as possible on our wonderful TEDDY families.