



TEDDY Kid News

Learn more about your TEDDY research



Scan QR Code above with an app on a smart phone to start the video!

Video: What is Type 1 Diabetes?

Do you want to learn a little more about type 1 diabetes, the disease you are helping TEDDY research?

TEDDY is creating three videos to explain what happens in the body before and after someone gets type 1 diabetes. This first video is about after someone has type 1 diabetes and includes an interview with two kids. Check out the video to learn more about how children with diabetes must check their blood sugar daily and get insulin through a needle or an insulin pump.

Link for video: <https://youtu.be/-z8OHyWNOAo>

8,667

TEDDY KIDS

Over 8,600 kids have participated in 4 different countries around the world! Colorado has 1,375 kids that have participated in TEDDY!

2,970

TOENAILS

TEDDY Colorado has collected over 2,900 toenail samples! We now want your toenails every year on your birthday visit.

WHY DO WE COLLECT YOUR TOENAILS?



Scientists look for minerals and signs of life stress in toenails.

Selenium

A mineral you get from food you've eaten. Selenium can help Vitamin E be used in the body.

Vitamin E

Helps protect cells in your body from damage.

Life Stress

When you worry and stress about something big that has happened in your life scientists can study your toenails where a signal of your stress, called *cortisol*, collects over time.



Letters to TEDDY

My name is Audrey and I started the TEDDY Study when I was a baby.

I was in the TEDDY Study for almost nine years before I found out I had type 1 diabetes. I have had diabetes for a little over 2 1/2 years now.

When I was in the TEDDY Study, it was a little scary to get my blood drawn, and to be tested a lot. But after a while I got used to it and it wasn't scary anymore. At the TEDDY Study I got used to all the people who normally checked my blood for antibodies and helped me.

Everyone was nice, and when I got diabetes, I no longer could be in the study and I was sad. I remember that whenever I got my blood drawn, the staff would blow bubbles to relax me, and it helped a lot.

Now that I have type 1 diabetes, I wear an insulin pump and a continuous glucose monitor that helps me take care of myself. A cool, fun fact is that I have two other siblings with type 1 diabetes but they were never in the TEDDY Study. I am also a part of more studies so I continue to be a part of research and I love it.



“Love the life you live and live the life you love.”

The TEDDY Study did a lot for me and even though it was a lot of work sometimes, it was worth it to be a part of something that will help lots of kids and people. If you ever wonder why you are doing the study, remember that you are making a big difference in research. And as I always say, “Love the life you live and live the life you love.”

Would you like to write for our next TEDDY Kid News? Please send an email for more info to teddy.study@ucdenver.edu

PUDDING SLIME RECIPE

Making your own slime with a twist by making it with pudding!

Combine the ingredients below and start playing:

- 1/4 cup instant pudding mix
- 1/3 cup warm water
- 1 cup corn starch

For step-by-step instructions/video and more slime recipes see:

<https://thesoccermomblog.com/edible-pudding-slime/>

