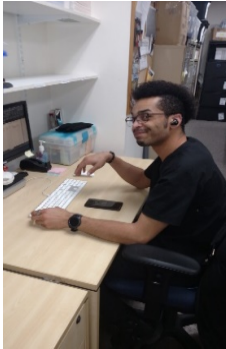


Washington TEDDY Family Newsletter Winter 2019

Web Alert

Some of you may know that one of our own Seattle TEDDY Coordinator has a personal connection to Type 1 diabetes. A few years ago, she wrote about her daughter's diagnosis story for a Colorado TEDDY site's blog:

A big part of my job as a TEDDY Study Clinical Coordinator is educating families about the signs and symptoms of type 1 diabetes. So, when my almost-5 year old daughter was suddenly peeing like crazy, drinking like crazy, and super cranky, I thought I was imagining things (like the way they say med students end up thinking they have each condition as they learn about it). But over the course of a weekend, I couldn't stop thinking about it, so on Monday, I brought a glucometer home from work. When I checked her blood sugar that night, she was 400. Diabetes. We hopped in the car and went down to Seattle Children's Hospital. We caught it very early, and she was relatively healthy at diagnosis. We completed our diabetes education over the next few days. Having the background of working at the TEDDY Study for 8 years was such a blessing. To understand the auto-immune processes at play, and to know that environmental triggers are yet to be found, removed much of the shock and guilt that seems to sometimes accompany a type 1 diabetes diagnosis. We hit the ground running. Today, Greta is a healthy, happy 11 year old. She manages her diabetes with a pump and continuous glucose monitor. Diabetes is exhausting. The constancy of needing to manage it, day in and day out, is draining. But I have faith that technologies will get better and better, making management easier and easier. In the meantime, we live by one of our favorite expressions from Type 1 Diabetes Camp: "Type 1 may be along for the ride, but it DOESN'T get to drive!" You can read more posts from the TEDDY Colorado Blog on <http://teddystudymom.blogspot.com/>



Meet the TEDDY Team!

Lonnie is our new phlebotomist. He joined us this month and comes with several years of blood draw experience. He has worked in the healthcare field since '07 and has several certificates/degrees. He is currently taking a small break from studying radiology. You'll find his calming temperament and excellent skill will make your blood draw go smoother. When not at work Lonnie is a hedonist for food, entertainment, and the broadening of his own capabilities. He enjoys puzzles, video games, and good humor. He has a love of strange pets, and has a pet tarantula, a cockatoo, a pigeon, and a puppy and is looking to add a monitor lizard soon. Welcome Lonnie to the TEDDY team.

Strange-but-true-facts

Snails have 14,000 teeth

Even though Froot Loops® are different colors, they all are the same flavor

The human nose can remember 50,000 different scents

Bullfrogs do not sleep



Visit <http://www.teddystudy.org> for news and publications and Portal access.

Learn more about the TEDDY study and what they have accomplished!

Have questions? Email us at TEDDY@pnri.org

Facebook: Teddy Diabetes – Washington State

You can view posts from other TEDDY families and request information.

TEDDY Videos <https://www.youtube.com/channel/UCv55P7Bq072VpP4wuHyzqDw>



Expected Changes in Seattle

Interactive
Timeline
Wall

Informational
Timeline
Wall

Published articles in
easy to read format



TEDDY has been busy updating Study Protocols. Some changes are so popular that they have inspired very creative dances and fist pumps. The following are the latest updates:

No more diets after 10 years of age if you have negative antibodies. However, we would like to continue if your antibodies are positive. The TEDDY scientists and staff are deeply grateful for the food records received over the years.

We predict that some foods and nutrients may be protective, while other factors might turn out to increase risk.

No more stool After 9+ years of collecting, Scientist have determined that it is now time to get down and dirty in studying the 620,687 Poops collected from our TEDDY participants.

TEDDY Infectious Agents Committee will continue to examine samples to learn about the exact viral and bacterial infections in the gut.

No more Activity Meters after the 10 year visit if antibody results are negative. However, we would like your flexibility to do it again if your antibodies change before age 15.

Toenails will now be collected every year. Scientist will continue to look for vitamins and minerals like Selenium, Vitamin E and now Cortisol.

Did you know? Selenium is a mineral that can help Vitamin E be used in the body. Vitamin E helps protect cells in your body from damage. Cortisol is the hormone produced in response to stress.



TEDDY FAQ

Why do we do the Nose Tickle and what is in the tube? TEDDY is looking at whether certain viruses trigger type 1 diabetes. The nose is a great place for germs to live and collect, especially upper respiratory viruses. The tickle brush collects a little sample of nose "boogers" that is then frozen and saved for later tests. The solution in the bottle is made up of growth media which keeps the hungry viruses alive while it is being transported to its final destination in the lab.

Peanut Butter Banana Ice Cream
3 bananas, peeled and frozen
1 Tablespoon Peanut Butter
1.5 Tablespoons Mini Chocolate Chips
Blend frozen bananas in a food processor until smooth. Transfer to a freezer-safe container and swirl with Peanut butter and mini chocolate chips. Re-freeze until solid. Enjoy!
You can be creative with this recipe. Try adding Walnuts, using Nibs instead of Chips, or Coconut...