



Information for Young People, Family Members, and Friends about the TODAY Study

What is the TODAY study?

TODAY stands for Treatment Options for type 2 Diabetes in Adolescents and Youth.

TODAY is a nationwide research study to find the best ways to treat young people with type 2 diabetes. We are looking for volunteers who have type 2 diabetes and are between 10 to 17 years old to be in the study.

TODAY wants to compare different ways to treat young people with type 2 diabetes. The different treatments include making changes in eating habits and physical activity, and taking different combinations of medicines.

Keep reading to find out...

1. about type 2 diabetes
2. how TODAY can help children with type 2 diabetes
3. what happens to children who take part in TODAY
4. what to do next if you are interested in TODAY
5. for other websites that you might be interested in

1. What is type 2 diabetes?

People get type 2 diabetes when their bodies aren't able to process the food they eat into the energy they need. In the body, food becomes sugar, which is the fuel that keeps our bodies running. The sugar fuel is delivered to all areas of our bodies in the blood. A substance called insulin makes this happen. In people with type 2 diabetes, the insulin doesn't work right and there is too much sugar in the blood.

If it is not controlled, type 2 diabetes stresses the body and, over time, can lead to medical problems like blindness, kidney disease, heart attack, and stroke. Getting diagnosed early and taking good care of diabetes can help prevent these medical problems.

You have to have a special blood test to find out if you have type 2 diabetes. But children and teens with type 2 diabetes are often overweight or big for their age.

Also, young people with type 2 diabetes often have a parent, grandparent, or other family member who has diabetes.

2. How can TODAY help children with type 2 diabetes?

- Children who take part in TODAY are given diabetes care, medical exams, medicines, and diabetes testing supplies at no cost.
 - Children are seen by a team of doctors, nurses, and diabetes educators who help them stay in good health.
 - Children and their families and supporters learn how to take better care of type 2 diabetes.
 - Family members and other people at risk to get type 2 diabetes may someday benefit from what is learned in TODAY.
-

3. What happens to children who take part in TODAY?

Children taking part in TODAY will be asked to

- be more active and eat healthy foods
- check their blood sugar twice a day
- take diabetes medicine twice a day
- visit the medical center regularly for check-ups over 2 to 5 years

Parents, family members, and other supportive people will be asked to help the child with activities that are part of TODAY.

4. What should I do if I am interested in TODAY?

If you would like to volunteer or find out more about TODAY, contact the TODAY study team closest to you by phone, e-mail, or mail. Here is a list of the TODAY study team sites with information on how to contact them.

1. Childrens Hospital Los Angeles
4650 Sunset Boulevard, Mailstop #61
Los Angeles, CA 90027
Phone: (323) 671-6052
E-mail: todaystudy@chla.usc.edu

2. The Children's Hospital of Denver
1056 East 19th Avenue, Campus Box 265
Denver, CO 80218
Phone: 1-866-341-6772 (toll free)
E-mail: TODAY@tchden.org

3. University of Oklahoma Health Sciences Center
Children's Diabetes Center TODAY Office
1122 NE 13th Street, Suite 1200
Oklahoma City, OK 73117
Phone: (405) 271-7755 or 1-800-613-8512 (toll free)
E-mail: todaystudy@ouhsc.edu

4. The Texas Diabetes Institute Children's Center
701 South Zarzamora
San Antonio, TX 78207
Phone: 1-866-764-6450 (toll free)
E-mail: todaystudy@uthscsa.edu

5. Texas Children's Hospital/Baylor College of Medicine
Clinical Care Center CC1020, 6701 Bates
Houston, TX 77030
Phone: (832) 822-1006
E-mail: todaystudy@texaschildrenshospital.org

6. Washington University School of Medicine
660 South Euclid Boulevard, Campus Box 8208
St. Louis, MO 63110

working in partnership with
St Louis University Department of Pediatrics
Cardinal Glennon Children's Hospital
1465 South Grand Boulevard
Attn: Clinical Trials Unit A127
St. Louis, MO 63104-1095

single phone and e-mail address for both institutions
Phone: 1-877-STL-2DAY or 1-877-785-2329 (toll free)
E-mail: todaystudy@kids.wustl.edu

7. Rainbow Babies and Children's Hospital
11100 Euclid Avenue, Rom 737
Cleveland, OH 44106
Phone: (216) 368-8885
E-mail: today@case.edu

8. Children's Hospital of Pittsburgh
3705 Fifth Avenue, 4B DeSoto Room 399
Pittsburgh, PA 15213
Phone: (412) 692-5928
E-mail: today@chp.edu

9. Children's Hospital of Philadelphia
Endocrine Division
34th Street and Civic Center Boulevard, Room 8416 Main Building
Philadelphia, PA 19104
Phone: (215) 590-5217
E-mail: sababu@email.chop.edu

10. Joslin Diabetes Center at SUNY Upstate Medical University
90 Presidential Plaza
Syracuse, NY 13202
Phone: (315) 464-3878
E-mail: duncank@upstate.edu

11. Yale University
333 Cedar Street, LMP 3103
New Haven, CT 06520
Phone: (203) 785-7817
E-mail: cfg3@email.med.yale.edu

12. Massachusetts General Hospital
Diabetes Research
50 Staniford Street, Suite 340
Boston, MA 02114
Phone: (617) 724-3197
E-mail: todaystudy@partners.org

working in partnership with

Joslin Diabetes Center
1 Joslin Place, Suite 350
Boston, MA 02215
Phone: 1-800-322-6323 (toll free)
E-mail: today@joslin.harvard.edu

13. Columbia University
Naomi Berrie Diabetes Center
Columbia University Medical Center
1150 St. Nicholas Ave.
New York, NY 10032
Phone: 212-851-5489
E-mail: mpk40@columbia.edu

5. Here are some other web sites you might be interested in.

Both of these websites have news, information, and tips for parents and kids as well as for health professionals and scientists.

- The American Diabetes Association is at <http://www.diabetes.org/>
- The National Diabetes Education Program is at <http://ndep.nih.gov/>