



BEYOND  
TYPE 1

# ABOUT TYPE 1 DIABETES

**Type 1 diabetes (T1D)** is an autoimmune disease that can be diagnosed at any age and currently has no cure. In T1D, the immune system mistakenly attacks and destroys beta cells, which make insulin—the hormone our bodies need to move sugar into our cells for energy. This beta cell destruction over time leads to no more natural insulin production. Without insulin, blood sugars rise and a person with T1D must take insulin to survive.



About 90% of people diagnosed with T1D have no family history



Having a parent, sibling, or child with type 1 diabetes increases your risk of developing it by up to 15x

# COMMON SIGNS AND SYMPTOMS



**Excessive  
thirst**



**Frequent  
urination**



**Exhaustion**



**Unexplained  
weight loss**

## STAGES OF T1D

T1D progresses over time in three stages. Catching T1D in stage 1 or 2 helps prevent dangerous complications of undiagnosed stage 3 T1D.

### STAGE 1 T1D

There are no symptoms and blood sugars are normal, but the immune system has already begun attacking the insulin-producing beta cells.

### STAGE 2 T1D

There are still no symptoms but now blood sugars have started to rise due to increased beta cell destruction.

### STAGE 3 T1D

By this time, blood sugars are high and you'll have symptoms of T1D. Taking insulin is now required, but the intensity is based on the level of beta-cell function remaining in the body.

## DON'T WAIT TO #SEETHESIGNS — GET SCREENED

With a simple blood test, autoantibodies can be detected, even before symptoms show up! Ask your doctor for a T1D autoantibody blood test at their office, or ask them to give you a referral to get tested at a participating lab in your area.

## AUTOANTIBODY SCREENING CAN HELP INDIVIDUALS TO:

- ♦ Reduce risk of life-threatening complications, like diabetic ketoacidosis (DKA).
- ♦ Potentially participate in research trials.
- ♦ Better plan for and manage potential diagnosis.

**There are several options for T1D screening — all done through a blood test to identify autoantibodies associated with T1D.**

Learn more at [BeyondType1.org/SeeTheSigns](https://BeyondType1.org/SeeTheSigns)

Source: Emily K. Sims, et al. Screening for Type 1 diabetes in the General Population: A Status Report and Perspective. Diabetes 1 April 2022; 71 (4): 610–623. <https://doi.org/10.2337/dbi20-0054>



Beyond Type 1 is changing what it means to live with diabetes—boldly, unapologetically and with just the right dose of disruption. We raise global awareness, delivering life-saving resources and community support to help people with diabetes not just survive—but thrive. By championing innovation, we dismantle barriers to care, deliver the right information when it matters most and drive progress toward prevention and cures.

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