



**BEYOND
TYPE 1**

GET SCREENED FOR TYPE 1 DIABETES

Type 1 diabetes (T1D) is an autoimmune disease that destroys insulin-producing beta cells in the pancreas, leading to lack of insulin and high blood sugar levels.

DON'T WAIT TO #SEETHESIGNS, GET SCREENED FOR T1D TODAY!

T1D is detectable as soon as autoantibodies (AAbs), proteins produced by the immune system, mistakenly target and attack the insulin-producing beta cells in the pancreas.

The onset can come on quickly with symptoms like excessive thirst, unexplained weight loss, frequent urination and persistent fatigue. However, the destruction of cells leading up to this happens over time. With a simple blood test, we can detect this destruction early and intervene – before symptoms and potential complications occur.

Screening gives individuals and families a head start, allowing time to plan, prepare and explore treatment options. Today, there are exciting advances in T1D care and even clinical trials that may help slow or manage the disease. Early knowledge means more choices, less worry and a chance to stay ahead.

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

HOW TO GET SCREENED

There are several options for T1D screening – all done through a blood test to identify autoantibodies associated with T1D. Learn more about what option may be right for you by talking to your doctor.

DOCTOR'S OFFICE/LABS

Ask your doctor for an appointment for a blood test at their office, or ask them to give you a referral to get tested at a participating lab in your area, like Labcorp or Quest Diagnostics.

TRIALNET

- ◆ For people 2.5 to 45 years old who have a parent, brother/sister or child with T1D.
- ◆ For people 2.5 to 20 years old who have an aunt/uncle, cousin, grandparent, niece/nephew or half-brother/sister with T1D.
- ◆ Lab or at-home tests available.

AUTOIMMUNITY SCREENING FOR KIDS (ASK)

Free screening for adults and children (age 1 and older), through a screening site or at-home test kit.

ONLINE ORDERING

Direct-to-clinic or at-home test kits ordered online through a vendor such as Enable Biosciences.

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>

YOU'VE BEEN SCREENED –NOW WHAT?

So you've been screened for Type 1 diabetes (T1D) and your results are in! Understanding the results and knowing what to do next can be confusing. Let's review the basics. When you were screened, the test determined if you had autoantibodies (AAbs) for T1D. Autoantibodies are proteins produced by the body's immune system that mistakenly target and attack the insulin-producing beta cells in the pancreas. What you do next is based on if and how many autoantibodies were identified.

UNDERSTANDING YOUR RESULTS

0 T1D AUTOANTIBODIES:

This means that your body's immune system is NOT currently attacking your beta cells. Talk to your healthcare provider about being screened annually.

1 T1D AUTOANTIBODY:

This means that you COULD be on your way to a T1D diagnosis, but you'll need to confirm your results with a second AAb test in your doctor's office first.

- ◆ **Set up a follow up plan** with your healthcare provider that includes autoantibody testing and blood sugar testing.

- ◆ **If after three consecutive years of testing, your results are the same or 0 AAbs, your risk of developing T1D is little to none.**

2+ T1D AUTOANTIBODIES:

This is a sign that the earliest stages of T1D have begun. Your body's immune system has started attacking your insulin-producing beta cells, and it's critical that you see your healthcare provider within the next few weeks.

- ◆ **Set up a plan** that includes testing autoantibodies, blood sugar, and beta-cell function (a C-peptide test). You'll also want to ask about a continuous glucose monitor (CGM).



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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